



WELCOME TO

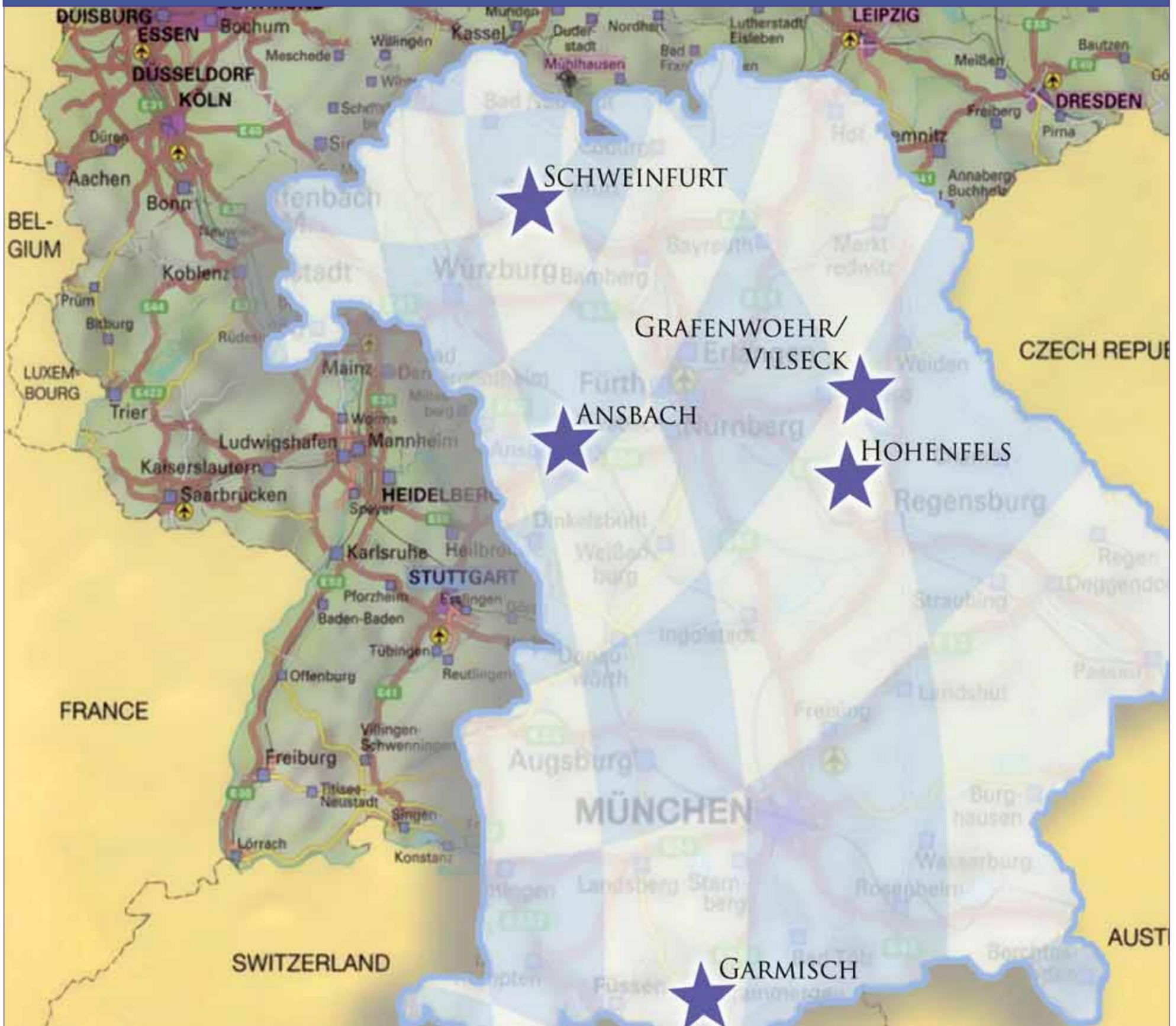
Bavaria

Bavarian News

Special Edition

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

Winter 2008



Insider's Guide

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* Cover art by Sgt. Stephen Morgan

COMMAND MESSAGE

Grafenwoehr commander encourages exploration, patience during growth

Welcome to the Oberpfalz Region of Bavaria – an area rich in tradition, culture, and history that is dedicated and committed to supporting you -- our Soldiers, Family Members and Civilians during your stay here in Germany.

As you get to know the garrison and the surrounding communities, you will quickly come to realize that the people of this area, the location of our garrison, and the commitment the Army has made to our garrison are outstanding:

The People

The Grafenwoehr and Vilseck military communities are located in a rural area of northeastern Bavaria. Close to the border of the Czech Republic and former East Germany, the German people appreciate our presence and what the U.S. Forces did to help them secure their freedom and re-establish democracy at the end of World War II.

This sense of acceptance by the local people is further reinforced by the number of local German employees who serve on the garrison staff.

Comprising more than 70 percent of the workforce, they provide the long term stability that allows us to continue to provide quality service to all of our customers. Many have served in our garrison for 30-40 years.

They like their jobs, and they like Americans. They will adopt you when you arrive and they'll work to include you in all kinds of fests, celebrations, and events. Many of them trace their lineage back to the Middle Ages.

Fisher Fests, May Pole Hangings, and other local fests take place practically every weekend of the year, ensuring your tour in Germany does not have to be dull.

Location

Grafenwoehr and Vilseck are close to the



“It is exciting to be here, building a quality community for everyone. I invite you to visit our Web site at www.grafenwoehr.army.mil for more information on our fantastic community.”

Czech Republic and the former Eastern portion of Germany.

By car, we are 2-hrs north of Munich. Regensburg and Nuremberg are only an hour away. Berlin, Germany's bustling capital, is four hours away, and Prague, the capital of the Czech Republic, can be reached in only two hours.

Arguably the best skiing in the Alps can be accessed in three to four hours. Finally Verona, Venice, and Pisa, Italy are all only a day trip away by car. Simply put, you could not ask for a better location to see Europe than being stationed in this area and I encourage all of you to dust off your exploring shoes and see Europe.

Army Commitment

Back in 2000, the Army elected to station permanent party personnel in Grafenwoehr.

This isn't the same Grafenwoehr that many in our Army experienced in the 80's, when troops came here, trained, and went back home. We are almost finished creating a new community for up to 25,000 Soldiers and their Families.

Since the 2000 decision, the 2d Stryker Cavalry Regiment and the 172nd Infantry Brigade plus Theater Enabling Commands of Military Police, Sustainment, and Engineers have been stationed in Vilseck and Grafenwoehr. Along with this decision, the Army put more than \$1 billion into the community.

We have a new gas station and Shoppette, a new consolidated medical and dental clinic, a new 600-seat dining facility, and the largest AAFES / DeCA complex in Europe.

We have a variety of homes, larger than most (1,600-1,800 square feet for even our lower enlisted Soldiers), and most integrated into our local German communities.

Combined with Department of the Army 1 + 1 barracks for our single Soldiers and a new \$14 million physical fitness center, Grafenwoehr has definitely changed for the better, supporting our growing Soldier, Family Member, and Civilian populations.

While we are continuing to finish the new facilities for the units of the 172nd Infantry Brigade in Grafenwoehr and some other construction projects, there will still be some growing pains as we change from a very quiet, well-kept secret to a thriving community focused on great local training for our Soldiers and brand new, state-of-the-art facilities for our Soldiers, Civilians, and Families.

It is exciting to be here, building a quality community for everyone. I invite you to visit our Web site www.grafenwoehr.army.mil for more information on our fantastic community.

So come join us and help me continue to make this garrison the best place to live and serve in Europe.

*Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr*

Bavarian Minister President extends welcome, values American friendship

Dear American Soldiers, Family members and citizens:

The Pentagon has sent you to Bavaria for a tour of duty and to serve your nation and the North Atlantic Alliance.

In my function as the Governor of the Free State of Bavaria and in the name of all Bavarian citizens, I cordially welcome you with a Bavarian "Grüss Gott".

I hope that you will feel at home here although far away from home. It is our goal to make your stay in Bavaria as pleasant as possible, especially if it's your first one.

Whether you are stationed in Grafenwoehr, Vilseck, or Hohenfels or in Ansbach, Illesheim, Bamberg, Schweinfurt, or Garmisch, you will be met by friendly people who are happy to receive you here.

Bavarians sometimes appear tough on the outside, but we are in fact gentle people on the inside.

Today, the U.S. Army can look back at 60 years of history in Bavaria. At the end of World War II, it freed us from the barbarian Nazi-dictatorship and during the Cold War it protected our interests against those of the Soviet Union and eventually contributed to the fall of the Iron Curtain.



The American Soldiers risked their lives and health for our common values of freedom, justice, and human dignity.

The close friendship between the United States of America and Germany and Bavaria is based on those values.

It is a fundamental concern of Bavarian politics to constantly renew and strengthen this close friendship.

Germans gladly remember the care packages after the war, AFN, Rock 'n' Roll, Woodstock or Nashville, things which made our life more livable and interesting.

Bavaria has traditionally been home to the military. It was already well-respected by the population during the days of the Bavarian Kingdom (through 1918).

At military installations, Soldiers quickly became an integral part of the communities' social life with the formation of the German Armed Forces (Bundeswehr) in 1955.

This is also true of the foreign military forces stationed in Bavaria, especially the U.S. Army. Bavarian politicians and citizens enjoy visiting the events held at the various U.S. military installations.

That also ensures continued relations with U.S. Soldiers and their family members who live in Bavaria. A lot of those contacts endure for a lifetime.

Our state has significantly advanced in the years after World War II. However, Bavaria has always kept its inherent traditional characteristic.

The remarkable structural change from an

agricultural state to a dynamic economic region was continuously and systematically planned and supported by the Bavarian state government.

It strengthened the state's amiability as the home of its citizens, preserved its cultural and regional diversity, and simultaneously put it on a new foundation based on its economic vitality. "Laptop and Lederhose" is an often quoted catch phrase.

Americans who live in Bavaria value our art of living, the literal Bavarian "Gemuetlichkeit," the excellent food and beverage, as well as our cultural treasures and the diversity and beauty of the Bavarian landscape.

Weisswurst with Brezen, Bratwurst with cabbage, Bavarian beer, Franconia wine, Oktoberfest and Neuschwanstein castle, Berchtesgaden, Chiemsee and Zugspitz are just a few catchwords.

This "Welcome Guide 2009" will inform you about Bavaria's peculiarities. I recommend that you get to know our beautiful state in your leisure time. I am sure that you will learn to love it too.

Like many of your predecessors, we hope that your time spent here in Germany is filled with many fond memories.

I wish you a successful tour of duty in Bavaria and send you my best wishes. God bless you.

*Horst Seehofer
Bavarian Minister President*

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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Main Street enhancing Hohenfels quality of life

Welcome to Hohenfels, the best kept secret in the U.S. Army.

Nestled in the hills of the Bavarian Upper Palatinate, our location combines the advantages of small village Bavarian living with easy access to the major German cities of Regensburg and Nuremberg.

More than 7,000 Soldiers, civilians, and family members share a sense of community with each other and our German neighbors that has developed over the past 60 years. Our connections with the local populations are great.

Every year in May we have a German-American festival where our neighbors come to visit us on post, enjoy music, merriment, and the sense of community we share, and almost every month there is an opportunity to join a local fest in the surrounding communities.



Once a month Army Community Service offers a five-day newcomer orientation for family members called Hallo Hohenfels.

The highlights of the orientation include a tour of the post, a short 'survival' German language course, a trip to neighboring Parsberg for a tour of the shopping areas and a train ride to Regensburg to familiarize you with the German train system and to visit a large shopping mall in the heart of the city.

Over the last year alone, we have invested more than \$13 million upgrading facilities to make the Hohenfels garrison a better place to live and work.

You will see this investment in our future all around post to include the recently completed construction of additions to the Sunrise Lodge and the Teen Center.

As part of the Main Street Hohenfels initiative, the garrison plans to consolidate shopping and community activities along Gen. Patton Drive.

The PXtra will be moved from its current location on Warrior Hill to Bldg. 9, between the Post Exchange and the Community Activi-

ties Center.

In addition to the PXtra, the new location will offer a book store, car rental, dry cleaning services and Military Clothing and Sales.

Inside the Community Activities Center an indoor playground called Kid's Zone is scheduled for completion in February and the Java Café in March.

Other renovations scheduled for completion in March include the Post Theater and the Post Gym. After the Post Gym renovation is complete, work will begin on converting the Olympia Fitness Center into a state-of-the-art Indoor Paintball Arena.

Over the next four years we plan more renovations and construction projects to include a \$6 million Outdoor Recreation Multi-use Facility, and eventually the construction of an entirely new Post Gym.

Whether you are assigned to the Joint Multinational Readiness Center or one of the many other units here, Hohenfels is a great place to work.

JMRC provides realistic and demanding training for Soldiers, Joint Forces and coalition

partners.

As the future Army "center of excellence for coalition training," coupled with their exportable training capabilities, the JMRC is leading the Army in training transformation and preparing for the future.

The unparalleled access to training with multinational forces and an outstanding quality of life combine to make Hohenfels an assignment destination of choice.

Hohenfels is a great place for Leaders to lead, Soldiers to soldier, and families to grow. I hope you and your family enjoy your tour in Hohenfels.

Our number one goal is to exceed the expectations of the Soldiers, family members, and civilians in the Hohenfels military community, and we work hard to meet this goal every day!

*Lt. Col. Gary Bloomberg
Commander, U. S. Army
Garrison Hohenfels*

Community urged to take advantage of ideal location

Welcome to Schweinfurt! The most dynamic city in Germany. Schweinfurt is one of the best places to live and work.

There is a saying that "people make the place". Well, here in Schweinfurt, that is very true.

We are a fairly large community with a small town feel.

The Schweinfurt community of more than 11,000 Soldiers, family members and civilians is located on a pretty small campus, so you will quickly come to learn the names and faces of your neighbors.

We are situated in the best area of Germany. Not only are we in the center of Germany, but pretty much the center of Europe, and we are in Bavaria.

And, to top that, we are in the Franconia region, which has numerous wineries and spas to enjoy with a day trip.



We have a great relationship with our local Lord Mayor and Landrat, and the U.S. Army has developed an extremely close relationship with our local community.

As a matter of fact, about 83 percent of my workforce is German, and many have worked for our Army for 35 years or more.

They are extremely proud of the service they provide to our Army serving our Soldiers and our families. The workforce of U.S. Army Garrison Schweinfurt is dedicated to the Soldiers and families of our Army.

We have committed \$16 million to improve our Soldier and family housing this fiscal year and will complete the upgrade of our fitness centers, the Middle School Zone, Army Community Services Center, Education Center, the shopping mall area, Vehicle Registration and restrooms in community facilities, to name a few of the 100 or so projects in USAG Schweinfurt.

The key to success is to get involved!

An assignment to Schweinfurt is great. You just need to take advantage of it.

We are about a four-hour drive from a number of great locations (Poland, France, Switzer-

land, Austria, Czech Republic), but you don't need to drive four hours to enjoy yourself.

Schweinfurt is in the middle of the Franconian wine land.

Almost every weekend in the summer you can take in rich German culture in the form of fests. And in the fall, the Federweissen season is here along with the authentic Franconian Schlachtschussel (only in Schweinfurt can you experience this!).

Our ACS offers a wide variety of services to assist newcomers in adjusting to their fresh surroundings. The ACS loan closet has a wide variety of household items which you can borrow until your own possessions arrive.

ACS also offers a great program called the Schweinfurt Newcomers Awareness Program for Spouses, or SNAPS.

This week-long program is designed to provide you with an orientation not only to the garrison and how things work here but also to the greater Schweinfurt community.

Participants will have an opportunity to learn how to use the German bus and train systems as well as get an introduction to shopping in German stores.

ACS is a great resource for you to use when you have a question.

Whether you need to know about something relating to Army life, the garrison, or life in Germany, ACS can help you find the answers and information you need.

USAG Schweinfurt is home to parts of the 172nd Infantry Brigade (Separate), the 1-91 Airborne Cavalry Squadron, the 15th Engineer Battalion, and a host of smaller tenant units.

We have two main installations which offer a full range of services. And we are also home to one of the largest training areas in Europe, where tens of thousands of Soldiers have trained over the past few years, with the only Air Assault certified training area in Europe.

I hope that you and your family enjoy your time here in Schweinfurt. We are here to support you in every way.

Every Day...Better! This is our motto and we live by this mantra.

*Lt. Col. Anthony E. Haager
Commander, U. S. Army
Garrison Schweinfurt*

Garmisch residents enjoy rich history, small community

Welcome to the U.S. Army Garrison Garmisch!

Our mission is to consistently provide exceptional programs and services to our customers in Southern Bavaria.

We constantly strive to provide superior operations support services, as well as enhance the readiness and quality of life for America's warriors living and working within the garrison's tenant units, our retiree population, and the guests of the Armed Forces Recreation Center.

Artillery Kaserne in Garmisch dates back to a groundbreaking ceremony Sept. 25, 1935, when it was first established for the Wehrmacht's mountain troops.

After the war it continued as a hospital,



POW camp and refugee housing area. The arrival of the American 10th Armored Division in 1945 was the beginning the US Army's presence in this beautiful Alpine community.

Garmisch was the site of the 1936 Winter Olympics and is scheduled to host the games again in 2018.

USAG Garmisch is a close-knit, hard working community of all branches of service and Department of Defense civilians.

Our primary focus is to meet the support needs of our warriors, civilians, family members and retirees.

The garrison's primary footprint consists of four main areas; the main post on Artillery Kaserne, the George C. Marshall Center for International Studies and the AFRC's Edelweiss Lodge and Resort on Sheridan Kaserne, and the NATO School at Oberammergau.

USAG Garmisch falls under the authority of USAG Grafenwoehr. For general command information, The Bavarian News is published every two weeks and reports about ongoing is-

issues throughout Bavaria and matters of interest and concerns within the USAG Grafenwoehr footprint, throughout Europe, and Army wide.

The garrison's community newsletter provides information on recreational opportunities such as FMWR skiing, traveling and hiking, sports and activities on the German economy, and a mix of local fests and holiday events.

The bi-weekly newsletter also has the Director's Notes to keep the community up to date on the latest and most important local issues, listings for the English language movie theater in Munich, a trading post, and inside information about Bavaria written by a local.

Although smaller in scale than many other Army communities, USAG Garmisch has much to offer when it comes to quality of life, and provides support to the nearly half-million annual AFRC guests.

The garrison is home to the Army's Soldier of the Year, and the best small-garrison library, arts and crafts, recreation center, and sport and fitness programs in all of IMCOM-Europe.

Artillery Kaserne has improved on-post military housing, AAFES and Defense Commissary facilities, Child, Youth, and School Services, the Garmisch Elementary and Middle School, and adventurous Alpine FMWR activities. The garrison is supported by Bundeswehr medical facilities nearby at Mittenwald.

USAG Garmisch is also an ideal location for trips and visits to nearby local German sites of interest, such as Munich's Oktoberfest--the biggest beer fest in the world--Neuschwanstein Castle, Partnach Gorge, the Alps, Switzerland, Austria, Italy and more.

Again, welcome to the U.S. Army Garrison Garmisch. If you're here to visit, we trust it will be a pleasant one. If you're fortunate to be stationed here, you'll soon learn why our motto is "It's great to be here!"

*Karin H. Santos
Manager, U. S. Army
Garrison Garmisch*

Multi-million dollar upgrades making Ansbach a top assignment

Welcome to Your Army Home -- U.S. Army Garrison Ansbach!

I think you'll find Ansbach a wonderful area to live, train, work and play.

Throughout the garrison and the surrounding communities, you'll find the people are friendly and always willing to lend a helping hand--and local officials and agencies stand at the ready to help make life wonderful for our Soldiers, civilians and family members.



This garrison is on the rise to becoming the garrison of choice throughout the Army in Europe.

After being named as one of the U.S. military's enduring installations in Europe, we're moving forward with renovations, building new facilities and making plans

for a large townhome neighborhood with an adjoining shopping center at the former Urlas Training Center.

In the past couple of years, we've put more than \$41 million into renovating Family housing and barracks, and almost \$2 million into upgrading our fitness centers, and we're working to improve the barracks at our Katterbach and Storck Barracks kasernes.

And in the long range plan, we're looking at a new commissary, a new post exchange, and other recreational facilities at Urlas, and a new \$25 million dollar fitness center on Katterbach.

You'll find that we have wonderful schools here in Ansbach with teachers and staff that truly go above and beyond in making sure children receive a top-notch education.

With the small size of our schools combined with the caring natures of those who work in them, children also receive personalized help in dealing with issues such as the

challenges of living overseas and the deployment of parents.

I urge you to explore the wealth of resources available to you and your Family from our Army Community Service and other organizations who stand ready to make your assignment here an incredible one.

From our People Encouraging People newcomer's program, to financial advisers, to employment help to personal counselors to deployment readiness assistants and so much more, this community is well-stocked with people who care and will do everything within their power to help you.

All of this is going to make Ansbach an even better assignment than it already is, and I assure you that this is one of the best assignments a Soldier can ask for.

You just can't beat the warm, friendly atmosphere, the tremendous history of this area and, with our being right in the middle of the country, there are many opportunities to travel

throughout Europe.

I urge you to get involved with our great team that we have here--volunteerism is alive and well at Ansbach, and the entire garrison and community benefits from people helping people. We also work to be good neighbors in the local German communities through our people volunteering throughout the area, supplementing local emergency services, adhering to all host nation governmental laws and regulations, and shopping, living and having fun among our hosts.

Get out and enjoy your tour here, make full use of all of the support the garrison provides and please let us know if there is something we can do better to make this an assignment you will cherish the rest of your career.

*Col. Christopher M. Hickey
Commander, U. S. Army
Garrison Ansbach*

Looking for a JOB?

Just arrived? In search of employment? Let your garrison ACS Employment Readiness help you!



by SUSAN ROBERTS

USAG Grafenwoehr Employment Readiness

I started working when I was a sophomore in high school - not because my parents made me, but because I wanted to buy a car when I was "of age," and if I was going to have one, the payment would come from my pocket. Since that time, I really had not stopped working since.

That is, until our PCS to Germany in February, 2005. Once we got housing, I unpacked our household goods. I scrubbed and cleaned everything in our house multiple times per week. I became good friends with Oprah, Dr. Phil and those Charmed sisters.

I also practiced the fine art of meal planning and coupon clipping, because we were suddenly a one-income family.

I believe I was a little delusional when it came to moving to Germany. I imagined that it would be quite simple for me to move to a new country, spend a little time settling in, and then I would find the most amazing job ever and spend my weekends traveling around Europe. The traveling part came quite easily.

The job... well... not so much. Months went by, and I became more and more concerned about how I was now a "non-productive member of society." (That became my catch-phrase anytime friends and family from back home asked how I was doing.) I needed a job. I wanted a job. The several-month vacation from working was not in my plan!

I scoured the Civilian Human Resources Agency European Region Web site ("CHRA," for short) frequently.

I applied for several jobs, and received the automated response about how I was "not referred for the position because my resume did not reflect the types of skills requested by the selecting official for this position."

I was applying for administrative jobs and clerk's positions. I was working on my Master's

Degree for goodness sake!

And I didn't meet the criteria for jobs? After being devastated for the umpteenth time, I ran across an advertisement for an ACS program - Employment Readiness. Little did I realize how much easier the job search became once I had the proper tools.

You see, finding a job in Germany is very different than finding a job in the States. There isn't a "help wanted" section in the Sunday paper where you can circle potential jobs with a red pen.

Instead, most of the information about jobs here in Germany is found either online, or by word of mouth. When looking online, you will most probably want to start at the "CHRA" Web site, which can be found at <http://cpolrhp.belvoir.army.mil/eur/employment/index.htm>.

There, you will find positions that fall under the categories of Appropriated Fund positions (commonly referred to as "GS" or "General Schedule" positions, or "NSPS" or National Security Personnel System), Non-Appropriated Fund positions (jobs that are supported by MWR activities), and Local National positions (jobs available only for non-U.S. citizens).

Also, there are positions available through AAFES, other vendors on post, the commissary, or even contracting jobs.

Does it all sound a little too confusing? You can find out more information about all of these different types of positions from your ACS Employment Readiness Counselor! Every week, Grafenwoehr sends an e-mail advertising various positions open in the area. To sign up, simply call the Army Community Service at CIV 09662-83-2650 or DSN 476-2650.

The Employment Readiness program offers one-on-one counseling, classes on Resume

Writing/RESUMIX, and job interview skills. When you take a Resume Writing / RESUMIX class, you will be provided with information on not only how to apply for jobs in Germany, but also how to use the RESUMIX system, which is the Army's centralized resume program.

It's hard to be patient while looking for a job - believe me, I know! So what can you do in the meantime? My advice? Network, network, network! That's one of the most important skills I emphasize to my clients."

Becoming involved in your community is one of the best ways to find out about potential job openings. Enroll in AFTB or a Financial Readiness class.

Join the your local Community and Spouses Club, the Kontakt Club, or become involved in your church. Become an active member of your FRG, or contact the Army Volunteer Coordinator, Vicky Cunningham, to find out where you could volunteer in the community.

Just remember, there are job resources available to you - all you have to do is ask.

Call DSN 476-2650 / CIV 09662-83-2650 at Grafenwoehr or Vilseck; DSN 350-7530 at Schweinfurt; DSN 466-4088 at Hohenfels; DSN 440-3526 at Garmisch; or DSN 467-2883 at Ansbach, to make an appointment, find out how to receive job announcements, or to get more information.

We look forward to helping you find the job that you've been waiting for!

It's hard to be patient while looking for a job - believe me, I know! My advice? Network, network, network!

*Ever wish someone had told you that important nugget of information **BEFOREHAND?***

One local spouse offers the "What I Wish I Knew" to arriving families

Ask anyone how they feel about living in Germany and you'll get a mixed reaction. Some might say, "Wunderbar." Some might say, "Nicht so gut."

But one thing everybody agrees on is that getting settled in a foreign country can try even the most patient of souls!

Now, I think I'm a pretty easygoing military spouse. My husband and I lived in five different homes in the first five years of our marriage, including South Korea, and the longest we've lived anywhere since has been two and a half years.

Here we go again

So moving into a new house does not bother me. It's the moving into a new home coupled with learning a new language, money, laws, weather, neighborhood and culture that starts to wear out my patience.

So looking back almost three years, the things I wish someone had told me to expect when we moved to Bavaria can be broken down into three categories of frustration: Housing, Driving, and Shopping.

First up, housing - This, for me, has been the biggest block of frustration, and probably will be for you too, because we invest so much time and effort trying to feel settled in our new "home" environment.

Plus, it's really the first thing we encounter here that is so completely different. From the moment you arrive in your temporary and/or permanent quarters, things may seem a little quirky. To wash your newly unpacked clothes, don't expect hot water. Some German washing machines don't use hot water.

To dry those clothes, you will have to stick the dryer vent tube out of the window when running it (in some places) and expect it to take half a day to dry. Really! So, while your clothes dry, head to the Commissary for your first visit, but don't forget your military ID card - and a Ration Card.

Getting your Java

That's right, your coffee is rationed, along with cigarettes and liquor, and they are strict. And don't think about having your favorite specialty coffee shipped to you. It's not allowed through your APO.

After a visit to the Commissary, you'll be ready to cook your first dinner in, what I like to call, the German "mini-bake oven," an oven somewhat smaller than a traditional

American oven. But wait. First you have to know the conversion for Fahrenheit to Celsius. Quick math: Take the Fahrenheit temperature and subtract 32. Then, divide by 1.8. Bon appetite!

Once your household goods arrive, be careful with your electronics or you could make some costly mistakes. To vacuum, you cannot simply put an adaptor plug (the little white round things) onto your American vacuum cleaner and plug it into the wall.

Sure it will fit, but you can then add a new vacuum to your move-in budget.

Here we go again

Remember, our electronics/appliances are 110v and your new home's outlets will be mostly 220v.

Unless that vacuum (or microwave, radio, lamp - pretty much your entire house) is dual-voltage, you must use a transformer (the silver metal boxes) that can convert your 110v vacuum to 220v.

Don't blow a fuse!

Check your local thrift shops for a "slightly used" one with the correct "max load" for your vacuum or you'll blow the fuse in the transformer too. Can you tell I had some problems with electronics?

There's one more quirky thing about the electricity. 220v and 110v have different Hertz. They are 50 Hz and 60 Hz, respectively. What are Hertz? Hertz are the number

of times per second the electrical current reverses direction. For you, this means that your 110v clock will not keep proper time because the cycle of the electricity is different. You'll understand this the first time you or your spouse is late for PT.

Here's an easy solution to many of the appliance/electricity problems. Buy an inexpensive 220v alarm

Helpful hints!

clock, microwave, coffee maker, and maybe even a vacuum cleaner, to use while living here and then pass them on.

And, finally, one of the hardest things for me to get used to in my home has been recycling. I did not expect it to be so strict and exacting. Looking back it seemed a huge nuisance and I thought I would never be able to learn what went where. Now, it is second nature. And, I am still amazed at how little "refuse" is taken out of my house.

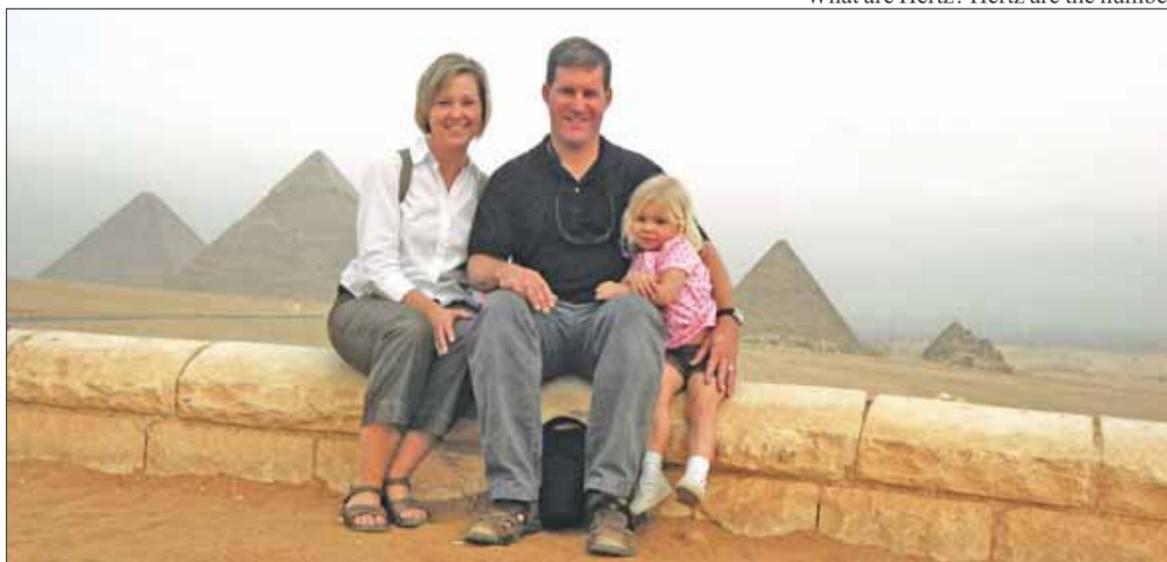
Taking out the trash

To start recycling, go to your local Self-Help Center. Get the yellow bags for plastics, the stand the yellow bag goes in, and the Recycling Manual for your area.

Some of our kitchens already have the small bins under the sink to separate glass, paper, cans, etc. If yours does not, you can pick up a sorter fairly inexpensively.

Keep with it and soon it won't feel like such a chore. I promise. And, hey, you won't need your big unsightly "American" garbage can in your kitchen anymore.

Next up - driving in Germany. This



(From left) Michelle, Alick, and Ella Smith on a recent trip to Egypt. The Smith family has lived in Germany for several years.

Military clinics provide routine care, alternatives with Preferred Providers

by ANNE TORPHY
BMEDDAC Public Affairs Officer

Medical Care overseas can be confusing for U.S. Army Family members, and over the last few years, transformation efforts and the Global War on Terrorism have changed resources and processes for the U.S. Army Medical Activity Bavaria.

The following information is an overview to help you understand your health care options.

The footprint of BMEDDAC consists of seven U.S. Army Health Clinics supporting 40,000 patients. The health clinics are located in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach, Schweinfurt, and Vilseck.

The clinics are out-patient primary care or ambulatory clinics and are capable of providing urgent care, routine care, and wellness examinations.

Ambulatory care is defined as medical services that are provided as an out-patient. Services could include diagnosis, treatment, and rehabilitation.

The health clinics do provide some special resources such as physical therapy, optometry, audiology, and behavioral health.

Resources are shared in the BMEDDAC footprint. When Soldiers are redeployed, providers and staff are often rerouted to the redeploying community to help the returning Soldiers during the reintegration period.

Patient categories

There are three types of patients that receive care from the health clinics in Bavaria.

TRICARE

Prime Overseas is a managed care option that provides benefits to active duty service members, reserve-component members on active-duty orders, and their eligible command-sponsored family members stationed or living overseas.

There are no enrollment fees, deductibles, cost-shares, or co-pays for authorized medical care at a U.S. health clinic or with German providers and hospitals. TRICARE Prime patients receive priority access at all BMEDDAC health clinics.

TRICARE Standard is available for retirees living overseas and active-duty family members who choose not to enroll in TRICARE Prime Overseas.

Standard is a fee-for-service option that authorizes beneficiaries to seek care from any TRICARE-authorized provider, and the patient is responsible for annual deductible and cost-shares. There is no fee for enrollment.

TRICARE Standard patients may only use the BMEDDAC health clinics on a space-available basis and for limited immunizations, but Standard patients do not need authorization to see the host nation provider of their choice.

BMEDDAC recommends that TRICARE Standard patients establish a relationship with a German physician to ensure continuity of care.

TRICARE ECHO is the extended care option, a supplemental program that provides eligible active duty family members with an additional financial resource for an integrated set of services and supplies designed to assist in the disabling effects of the beneficiary's qualifying condition.

Conditions include moderate or severe retardation, serious physical disability, or an

extraordinary physical or psychological condition that the beneficiary is homebound.

Go to www.europe.tricare.osd.mil for more information.

Types of care

Medical visits are broken out into categories: specialty, well, routine, urgent, and acute or emergency.

Access standards are established for each category to ensure that you receive care in a timely manner.

Specialty care that is provided by the health clinics include physical therapy, optometry, audiology, and behavioral health.

Specialty care that cannot be provided by the health clinic is referred to the physician provider network.

The access standard is to be seen within one month from the date of your call for a specialty visit to the health clinic.

Well visits are services such as health screenings and examinations, often conducted at regular intervals, and are meant to keep you healthy or detect health problems in a timely manner.

They include mammograms, cholesterol testing, immunizations, well-baby, colorectal cancer exams, blood pressure readings, and Pap smears. You should be seen within one month of your call for a well visit to the health clinic.

Routine care includes general office visits for the treatment of symptoms, chronic or acute illnesses, and diseases and follow-up care for an ongoing medical condition.

Routine care also includes preventive care measures to keep you healthy. A routine visit standard of care means that you should be seen within one week for your condition.

Urgent care services are medically necessary services which are required for illness or injury that would not result in further disability

or death if not treated immediately, but require professional attention and have the potential to develop such a threat if treatment is delayed longer than 24 hours.

Conditions that should receive urgent care include: sprains, scrapes, ear aches, severe headaches, rising fever, persistent vomiting or diarrhea – conditions that are serious but are not life threatening.

You should be seen within one day once you have made the call to the health clinic.

Acute care or emergency services are provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering.

Conditions that require emergency care include: loss of consciousness, shortness of breath, chest pain, uncontrolled bleeding, drug overdose, suicide attempt, poisoning, acute psychosis, and unexpected weakness.

These conditions require immediate attention and a visit to the emergency room at a local German hospital.

The health clinics do not have their own emergency rooms, nor are they open 24 hours a day. In the case of an emergency, go to the nearest hospital.

If you don't know the location of your closest

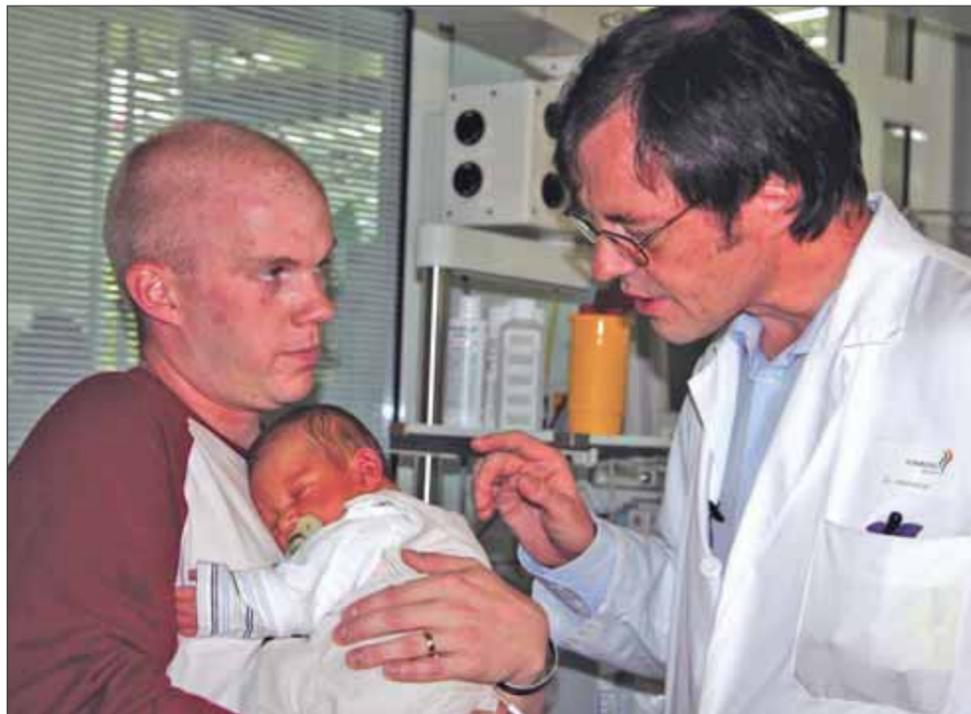


Photo by Mary Markos

The Preferred Provider Network provides military and family members with qualified medical specialists in their local community.

hospital, contact your local health clinic well in advance of an emergency to find out and post the information in a handy location.

Emergency transportation can be provided by the German Red Cross. Patients can access the ambulance service by calling for translation through the Military Police or directly through the German Red Cross.

Dispatchers will send the closest available ambulance to your location. A German Emergency Physician will often meet you to direct your care.

If you do have an emergency and need to go straight to the hospital instead of getting a referral, contact the TRICARE representative the next working day.

You will need to report your emergency as soon as possible to ensure that TRICARE will cover all costs, and if you do not have TRICARE you can get started on your billing paperwork.

Preferred Provider Network

Due to the ongoing need for specialty care, BMEDDAC health clinics routinely refer patients to the Preferred Provider Network in Bavaria.

The PPN is a network of German health care physicians who see our patients.

They are general physicians as well as specialists in every field, such as OB/GYN, pediatrics, radiology, neurology, orthopedics, and oncology.

Their medical qualifications are screened and we make periodic visits to their office or hospital.

TRICARE Prime patients are eligible to see physicians who are at the top of their field and often the head of their particular medical department.

While some of the clinic or hospital staff may not speak English, most do and all physicians must speak English to be in our network.

BMEDDAC currently has 376 doctors in the PPN, and the number continues to grow. Outpatient, inpatient, and emergency care is provided by the 21 local hospitals in the communities surrounding the seven health clinics of the BMEDDAC footprint.

If the health clinic provider decides to refer you to care with the PPN, the provider will enter a consultation request to authorize care.

You will then need to see the TRICARE advisor located in the clinic, who will schedule your appointment and provide you with a referral for that episode of care, directions and contact numbers for the PPN.

The TRICARE advisor will counsel you on benefits and give you the required forms for your appointment.

If you can't make your appointment, contact the PPN and reschedule. You can reschedule directly for that specific referral without contacting TRICARE for another authorization.

Visits to the PPN are part of TRICARE Prime; and the PPN will submit the bill directly to TRICARE. If you happen to receive a bill, bring it in to the TRICARE advisor for assistance.

If your care requires you to spend time in a German hospital, TRICARE Prime will also cover your stay and the costs of your care.

You will most likely share a room; if you'd like a single room, it is not covered by TRICARE Prime and usually costs around 50 euro per day.

Patient liaisons

Patient liaisons help smooth the way during a stay in the German hospital. Liaisons are fluent in German and English. They are well acquainted with local hospital staff and know the medical system procedures.

Expect a patient liaison to make contact with you daily, including weekends. On their first visits with you, they will provide a booklet with basic information on what to expect.

They are also there when you are discharged to make sure you understand your instructions for care at home and that you have the necessary prescriptions.

Pharmacy

Each of the seven health clinics has a pharmacy. The pharmacies can fill prescriptions written by providers at the health clinics.

Prescriptions that are written by a German physician can be filled if the medication is part of the pharmacy's formulary and is written in the American format.

For more formulary information and instructions to give your German doctor, stop by your health clinic's pharmacy.

If the German prescription is not part of the health clinic's formulary or not written in the American format, it must be filled by the German Apotheke.

You will need to pay for your medication upfront, and then TRICARE will reimburse you. Prior to filling the prescription, contact the TRICARE service center to ensure the medication is covered. Reimbursement usually takes about four to six weeks to process.

Contact us

If you have questions or concerns about your care, let us know. BMEDDAC is here to help you with your medical care.

We need to hear your concerns in order to address them. Contact your health clinic commander, who will make an inquiry and respond to your questions.

BMEDDAC strives to make care easy for patients, and we look forward to continued communication with you.

There are three types of patients that receive care from the health clinics in Bavaria:

- **TRICARE Prime Overseas**
- **TRICARE Standard**
- **TRICARE ECHO**

Your Local Health Clinics

Grafenwoehr

DSN 475-7152, CIV 09641-83-7152
TRICARE: DSN 475-7424, CIV 09641-83-7424

Hohenfels

DSN 466-1750, CIV 09472-83-1750
TRICARE: DSN 466-4538, CIV 09472-83-4538

Illesheim

DSN 467-5141, CIV 09841-83-5141
TRICARE DSN 467-4349, CIV 09841-83-4349

Katterbach

DSN 467-3398, CIV 09802-83-3398
TRICARE: DSN 467-2619, CIV 09802-83-2619

Bamberg

DSN 469-1750/CIV 0951-300-1750
TRICARE: DSN 469-7897/CIV 0951-300-7897

Schweinfurt

DSN 354-7901, CIV 09721-96-7901
TRICARE: DSN 354-6835/6979, CIV 09721-96-6835/6979
BENEFIT ADVISORS: DSN 354-6539, 354-6638 /
ENROLLMENT 354-6687

Vilseck

DSN 476-2804/2936, CIV 09662-83-2804/2936
TRICARE: DSN 476-2000/3323, CIV 09662-83-2000/3323



CYSS programs teach character, skills for success

by ANITA PAYNE-LANDGRAF
Special to the Bavarian News

Child, Youth and School Services has a new name and a renewed focus on home-school support and school transition services.

CYSS offers programs and services for children and youth from 6 weeks through 18 years, including youth programs, instructional programs, team sports and individual sports and fitness.

The CDC offers full day care for infants through preschool, part-day preschool, and hourly care. Using the "Creative Curriculum" as a planning tool, CDC staff develops activities that teach children basic skills through play.

For children entering kindergarten in School Year 2009, the CDC's offer an academic-based pre-kindergarten program

The Army's "Strong Beginnings" program is in the pilot phase at the Netzaberg CDC, but the Grafenwoehr and Rose Barracks CDCs also run a similar program to prepare children for kindergarten.

Activities focus on pre-reading

and pre-math skills as well as social-emotional development and creative arts.

German and American preschool teachers merge cultural activities to teach children language, songs, games and the arts from both perspectives. CDC's offer before and after-school programs for kindergarten children as well as those attending DoDDS Sure Start and Developmental Preschool.

The School-Age Services programs offer before and after school programs for children from 1st-5th grade. SAS programs are also open to children during school breaks and in the summer.

Summer Camp features field trips, swimming, bowling, and exciting outdoor activities.

During the school year, SAS provides a homework lab and a youth technology lab in addition to Boys & Girls Clubs of America and 4-H Club activities.

Both the homework and technology labs are staffed with trained instructors who are available to help with school

assignments and projects. The technology lab is equipped with communication equipment to help youth keep in touch with family members downrange.

The youth programs are open after school and on Saturdays for youth in the 6th-12th grades.

CYSS staff focuses on programs and activities that build leadership skills encourage volunteerism and prepare youth for college and careers.

A technology specialist and homework instructor is on staff to assist youth in developing their computer skills and educational research skills as well as help with homework.

Our School Liaison and Transition Specialist is available to Families for help with ensuring children make smooth transitions as they move from school to school.

She also coordinates the Teen Council and youth sponsorship program.

All YOUTH centers are equipped with game tables, large screen TV's and a wide variety of games; making it a great place to "hang out" with friends.

The new Netzaberg Youth Center is conveniently located beside the Middle School and features the Army's newest design concepts.

The facility is also used for Youth Sports and SKIES Programs. CYSS offers supervised activities for Home Schoolers at the Netzaberg Youth Center four times a month.

The Rose Barracks Youth Center is a short walk from the High School and offers a variety of programs to support youth development.

Youth Sports and Fitness relies on volunteer coaches to offer team sports.

In addition to team sports, Youth Sports and Fitness offers skills camps, and individual sports and fitness activities.

Many of the health and fitness activities are offered in the SAS and YOUTH programs, so parents don't have to transport children to another activity.

CYSS Outreach Service coordinates special openings at unit request for unit functions, FRG meetings and respite as well as deployment support services.

Outreach Services includes Central Enrollment Registration, Youth Education and Support Services, and SKIES Unlimited.

SKIES Unlimited contracts with instructors to offer classes in four schools: arts, recreation and leisure; academic skills, mentoring and intervention; life skills, citizenship and leadership; and sports, fitness, and health. Whether your child is interested in ballet, taekwon-do or yoga, SKIES Unlimited has something for every child and youth.

All CYSS programs use the "Character Counts!" curriculum to teach children the six pillars of character: trustworthiness, respect,

responsibility, fairness, caring, and citizenship. These concepts are integrated into every area of the curriculum in each of our programs.

Parent involvement is key to the success of any program for children and youth. CYSS involves parents through Parent Advisory Councils and other committees.

Parents can earn "participation points" that can accumulate toward fee discounts in our programs. CYSS also offers Parent Education classes on a variety of topics.

The Army Family Covenant provides fee discounts and free respite care for Families who meet deployment eligibility criteria.

If your Soldier is in the deployment cycle, contact one of our CER offices for more information.

Garmisch Child, Youth and School Services honors the AFC discounts, so if you are traveling to Garmisch for work or fun, CYSS is available to you at the same discounted rates as in your home community.

CYSS encourages all parents to register with Central Enrollment Registry and take advantage of the many programs and services for children and youth in our community.

CER offices are located in Grafenwoehr (Bldg. 531, DSN 475-6655), Vilseck (Bldg. 224, DSN 476-2760), Schweinfurt (DSN 354-6517), Hohenfels (Bldg. 96, DSN 466-2078) and Garmisch (Bldg 723, DSN 440-2284 or 440-2684).

School Liaison Officers provide information for new students

Special to the Bavarian News

Read below to find out all of the answers to your DoDDS questions. This list was compiled by the U.S. Army Garrison Grafenwoehr school liaison officer, Ann Bruennig. For more detailed information about individual schools, call the school or your local SLO.

Q. How do I get free or reduced school lunches?

A. To apply, you must have a copy of a current LES of the sponsors and spouse, if employed. Contact your School Liaison to find out where to register in your community.

Q. What will determine if my child or children are eligible for free or reduced school lunches?

A. The entire household's income is used to determine if your child/children are eligible for this program. This includes; Kinder Geld, child support payments, retirement and social security payments and spouses income.

The number of family members physically living with the family, to include a deployed service member, is also taken into account. However, if there is a family member residing in the states, this member will not be included.

Q. Where do I establish my students' school lunch account?

A. Your students' school lunch account can be established with your local AAFES facility Customer Services desk with your students school information. Be prepared to have a 4-digit secret code for purchasing lunches. Money can be added to your students account at the Customer Service desk or at your students' school lunch room.

Q. If we live off post, how will my child/children get to school?

A. For those families that live off of the installation there is a local school bus system that will transport students to and from school.

For those students that are active in after school activities at your local High School, there is also an activity bus, however students must be involved in an organized after school activity.

Q. How do I let the bus office know where we are located? Will my child/children need a bus pass?

A. Parents need to visit the school bus office on the post where your child will attend school. This is the location that you can sign up for bus services for your child or children, and where

you get a bus pass.

Q. What information do I need to ensure that my student can get registered and start school as soon as we arrive?

A. You can start your registration on the Web at <http://www.eu.dodea.edu/schoolregister.htm>, but you will still need to visit the school registration office located at each individual school. The documents that you will need to have for the enrollment are:

- a copy of the sponsors orders
- child or youth immunization records
- child or youths birth certificate
- child or youths social security card/passport
- previous school records

Q. Are the immunization requirements different for schools overseas than schools in the states?

A. No, requirements are the same as those in the States and as follows:

- Diphtheria, Tetanus, and Pertussis: six doses should be administered by age 11-12
- Hepatitis A: two doses
- Hepatitis B: three doses
- Haemophilus influenzae type B: two to four doses

- Polio: three doses
- Meningococcal: one dose at 11-12 years and unvaccinated high school students and college freshmen

- Measles, Mumps, Rubella: two doses
- Varicella: one dose at one year, susceptible people age 13 and older should have two doses a least four to eight weeks apart. It is not required if child or youth has had a history of chickenpox.

- PPD TB tine/monovac: Locally determined

Q. What are the graduation requirements for DoDEA?

A. Starting this year, the graduation requirements are the following:

- four units of English language arts, 9, 10, 11, 12
- three units of social studies
- three units of mathematics
- three units of science
- two units of foreign language
- two units of professional technical studies

- one and a half units of physical education
 - one unit of fine arts
 - half unit of health education
- This equals 20 total required courses, with six elective courses to equal 26 total credits.

SCHOOL CONTACT INFORMATION

U.S. Army Garrison Ansbach

Ansbach Elementary School
Katterbach Kaserne
Contact: DSN 467-2628
CIV 09802-7657

<http://www.ansb-es.eu.dodea.edu/>

Illesheim Elementary School
Storck Barracks
Contact: DSN 467-4731
CIV 09841-83-4731

<http://www.ille-ems.eu.dodea.edu/>

Rainbow Elementary School
Storck Barracks
Contact: DSN 468-7806
CIV 0981-15984

<http://www.ansb-ems.eu.dodea.edu/>

Ansbach Middle/High School
Katterbach Kaserne
Contact: DSN 467-2808
CIV 09802-83-2808

<http://www.ansb-hs.eu.dodea.edu/>

School Liaison Officer, USAG Ansbach
Derek Hyde
DSN 476-2098, CIV 09802-83-2098

U.S. Army Garrison Grafenwoehr

Netzaberg Elementary School
Contact: DSN 472-9184
CIV 09645-917-9184

<http://www.netz-es.eu.dodea.edu/>

Grafenwoehr Elementary School
Contact: DSN 475-7133
CIV 09641-83-7133

<http://www.graf-es.eu.dodea.edu/>

Vilseck Elementary School
Contact: DSN 476-2812
CIV 09662-83-2812

<http://www.vils-es.eu.dodea.edu/>

Netzaberg Middle School
Contact: DSN 472-9229
CIV 09645-917-9229

<http://www.netz-ms.eu.dodea.edu/>

Vilseck High School
Contact: DSN 476-2554
CIV 09662-83-2554

<http://www.vils-hs.eu.dodea.edu/>

School Liaison Officer, USAG
Grafenwoehr
Ann Bruennig
DSN 475-1770, CIV 09641-83-1770

U.S. Army Garrison Hohenfels

Hohenfels Elementary School
Contact: DSN 472-9184
CIV 09645-917-9184

<http://www.hohe-es.eu.dodea.edu/>

Hohenfels Middle/High School
Contact: DSN 476-2554
CIV 09662-83-2554

<http://www.hohe-hs.eu.dodea.edu/>

School Liaison Officer, USAG
Hohenfels
Michele Wolff
DSN 466-2783, CIV 0947-83-2783

U.S. Army Garrison Schweinfurt

Schweinfurt Elementary School
Contact: DSN 354-6734
CIV 09721-81893

<http://www.schw-es.eu.dodea.edu/>

Schweinfurt Middle School
Contact: DSN 354-6813
CIV 09721-804301

<http://www.schw-ms.eu.dodea.edu/>

Bamberg High School
Contact: DSN 469-7630
CIV 0951-300-7630

<http://www.bamb-hs.eu.dodea.edu/>

School Liaison Officer, USAG
Schweinfurt
Damon McGiboney
DSN 354-6090, CIV 09721-96-6090

U.S. Army Garrison Garmisch

Garmisch Elementary/Middle School
Contact: DSN 475-7133
CIV 09641-83-7133

<http://www.garm-es.eu.dodea.edu/>

Minich International School
(Garmisch high school students)
Contact: DSN 476-2554
CIV 09662-83-2554

<http://www.mis-munich.de/>

School Liaison Officer, USAG
Garmisch
Ellen Harris
DSN 440-2393

Bavarian District Superintendent

Contact: DSN 468-7429
CIV 0981-183-429

<http://www.bav-dso.eu.dodea.edu/>

Think you'll miss all your fave TV shows from the U.S.? Think again!

by Sgt. DARCY SHEPPARD
AFN Bavaria

Most residents in on or off-post government-leased housing have satellite service available in their building, home, or apartment.

According to AFN Bavaria broadcast technician Albert Wiesent, residents can connect their television to an outlet and run the television set-up to tune into AFN's 10 free American channels.

"And if they hook up their radio to a central antennae system, they will also have the ability to tune into 10 radio services," said Wiesent.

AFN Channels

- AFN Prime Pacific
- AFN Prime Atlantic
- AFN Xtra
- AFN News

- AFN Sports
- AFN Spectrum
- Pentagon Channel
- AFN Family
- AFN Movie

Customers can visit www.afneurope.net for a complete program schedule.

Residents in government leased housing receive the AFN channels free of charge.

Wiesent said if viewers would like more channels, they can purchase cable through a contractor, which can provide some pay-per-view channels for a fee, and some German channels at no additional charge.

Residents in private (non-government) rentals must already have or purchase a small satellite dish and American Forces Radio and Television Service decoder in order to receive the

AFN channels.

"In many of the off-post private rentals, the satellite dishes are already present. A decoder can be purchased (or leased) from an AAFES store (for less than \$300) and you can set it up yourself," said Wiesent.

Dishes can also be purchased from personnel PCSing from Germany.

The Bavarian News' and Stars & Stripes' free classified ads list used decoders and satellites at lower prices.

Wiesent said many people are able to set up the dish without professional help. With directions, a compass, and a little bit of technical savvy, he said residents can link their dish to AFN's Hot Bird satellite.

He said the dish set-up should be exact so that the adverse weather conditions do not disrupt the signal. Instructions come with the

equipment.

For additional information on satellite and decoders, visit www.afneurope.net and check the section on the lower right side of the page titled, "More Information."

Residents can also get answers to technical questions or help with their AFN decoders by calling an AFN Europe technologist, on duty 24/7 at the AFNE Network Operations Center in Mannheim, Germany at DSN 389-4444 (49-621-46085-444).

From Germany, dial 0621-46085-444 or e-mail noc@afn.dma.mil. You will need to provide your decoder TID and UA number, which can be found on the back panel of the decoder.

If residents decide to install a satellite on a private rental, Wiesent suggested obtaining the landlord's permission first.



For additional information on satellite and decoders, visit www.afneurope.net and check the section on the lower right side of the page titled, "More Information."

AFN Bavaria offering families a taste of home

Courtesy of AFN Bavaria

"We want to make you feel at home." That statement summarizes the mission of American Forces Network Bavaria.

One of nine AFN affiliates Europe-wide, AFN Bavaria provides nine military communities with stateside quality news and entertainment.

For more information on AFN Bavaria and AFRTS programming, here are some of the most frequently asked questions:

Q: What radio services do you provide?

A: AFN provides two different services. AFN The Eagle is a music entertainment service, while The Power Network is primarily news and talk radio. Depending on where you live, you may only get AFN The Eagle.

Q: What radio frequency can I find AFN Bavaria The Eagle?

A: We have a number of different frequencies serving nine different communities. For a listing of those frequencies, go to www.afneurope.net/Bavaria.

Q: How can I get AFN to publicize my event, or do a story on my unit?

A: Go to www.afneurope.net/Bavaria and fill out a request form.

Q: What should I do if I'm having problems with my AFN television services or decoder?

A: Call the AFN trouble number, 062146-085444.

Q: Why won't my radio pick up some AFN stations in Europe?

A: U.S. stations are only authorized by the Federal Communications Commission to use frequencies in the U.S. like 97.1, 101.3, 106.9 (the number after the dot is an odd number). However, in Europe host nation regulators dictate that even-numbers-after-the-dot frequencies be used (e.g. FM 104.6, 106.2 etc.).

Also, on the AM side, stateside stations can only use even numbered frequencies (e.g. 860, 1070 etc.) However, European radio also uses odd numbered frequencies (e.g. 873, 1267 etc.).

If you have a U.S. radio, chances are that unless you can manually tune it, it will only lock on the odd number FM frequencies and even numbered AM frequencies in Europe.

Unfortunately, we have no say in which frequencies overseas AFN affiliates are assigned by host nations. Best thing to do is use a European radio when in Europe.

Q: Who provides your television programs?

A: The AFRTS Broadcast Center

negotiates with program suppliers for specific shows. However, suppliers must be willing to make their programs available to AFRTS at no cost or for a nominal administrative fee. If AFRTS cannot negotiate for the distribution rights to a program, it cannot be broadcast.

Q: Why don't you broadcast stateside commercials?

A: Broadcasting commercials on AFN would put us in competition with local television and radio stations. Most host nation governments would not authorize transmission frequencies to AFRTS stations if commercial announcements were broadcast. We can't even promote membership drives for organizations requiring dues or a monetary fee for joining.

Q: Why are some programs on AFN FAMILY not appropriate for all of my family members?

A: AFN Family serves a demographic of 2-17; programs for children air mostly during the day. However, primetime will find programs scheduled for the older teenagers. It is the continuing responsibility of parents to monitor their children's viewing. The bigger point is that each of our channels serves mostly an older demographic. We have to let our audience know that AFN, just like stateside TV, isn't a place where young children can be left without supervision.

Enjoy Single Soldier life through BOSS

Find out how to join your local club today

Special to the Bavarian News

What is BOSS?

The Better Opportunities for Single Soldiers is a program that supports the overall quality of life for single Soldiers.

The BOSS program encourages and assists members to identify and influence well-being issues and concerns that can directly or indirectly enhance their morale, living environment, or personal growth/development, and provide recommended improvements through the chain of command.

BOSS provides single Soldiers the opportunities to identify and plan recreation and leisure activities.

Additionally, it gives them the opportunity to participate in and contribute to their respective communities.

The core components, or Three Pillars, of the program are Recreation and Leisure, Community Service and Well-being.

History of BOSS

BOSS was established in 1989 to respond to the recreation needs of single Soldiers, who made up 37 percent of the Army.

As the program was implemented throughout the Army, it became evident that Soldiers' well-being was the primary concern for the single Soldier.

Who Participates in BOSS?

The BOSS program is targeted at you, the single Soldier. This also includes single parents and unaccompanied service members.

Although the intent of the BOSS program is to provide recreation and leisure activities for single service members, events are typically open to all authorized MWR patrons.

What is the Single Soldier Role in BOSS?

The BOSS program is a single Soldier driven program.

Single service members from major subordinate commands and separate units on an installation comprise the

program and its committees.

Single Soldiers have the opportunity to be local BOSS board members, unit representatives, or volunteers to assist in planning events and attending activities.

How Does BOSS Work?

Installations organize a formal BOSS program. It includes a committee of single Soldier representatives from installation units.

Typically the installation command sergeant major serves as the senior military advisor to the council.

An installation MWR advisor is appointed to provide guidance in the planning of activities, financial accountability, and marketing.

The Department of the Army BOSS Circular (DA Cir 608-04-01 and AR 215) defines the roles of the chain of command and MWR personnel at all levels.

Issues Raised by BOSS

BOSS members are encouraged to identify both local and Army-wide well-being issues and concerns that affect their quality of life.

These issues are thoroughly addressed during BOSS meetings to assess the issue and determine recommended improvements.

The issues are formatted and submitted to the senior military advisor to find a solution through the proper command channels or local staff agencies.

Issues that cannot be resolved at the installation level will be submitted to the installation Army Family Action Plan, or AFAP, forum.

If adopted by the local AFAP delegates and approved by the commander, the issues are then forwarded to the U.S. Army Garrison AFAP forum.

The next step, if adopted, is the Headquarters, Department of the Army. AFAP Conference where it can change laws, DoD and Army policies, and improve overall well-being programs and services.

BOSS Contacts in Your Area

Hohenfels

DSN 466-4545, CIV 09472-83-4545

Schweinfurt

DSN: 353-8476, CIV 09721-96-8476

Ansbach

DSN 467-2921, CIV 09802-83-2921

Grafenwoehr and Vilseck

DSN 475-6116, CIV 09641-83-6116

Register your pet within two weeks of arrival

Vilseck Vet Clinic

The mission of military veterinary treatment facility is to provide complete medical services and support to the military working dog program.

Although the focus is on maintaining the fighting strength of the military working dogs, the veterinary clinic also supports privately owned animals through limited health care services.

All pets traveling into the area, and pets purchased on the economy must be registered at the veterinary clinic within two weeks.

Registration can be completed during regular business hours on a walk-in basis.

All pets will be seen on an appointment-only basis. There are two distinct types of appointments offered at the clinic: appointments for routine medical care and vaccinations and appointments for sick-call/illnesses.

The clinic does not provide

emergency care to privately owned animals. A list of off-post veterinarians may be accessed through the European Veterinary Command Web site and from the veterinary clinic.

The veterinary treatment facility provides an extensive list of services. The following list is not all inclusive: vaccinations; issuance of health certificates for travel; health exams; laboratory diagnostic evaluations of blood, urine, feces, and tissue; and radiographs.

Surgical services include several routine out-patient procedures. The clinic staff requests that appointments be cancelled 48 hours prior to the day of the appointment. Any appointment missed without notification from the owner is considered a "no show".

After the owner has two "no show" appointments, a letter will be submitted to the sponsor's commander. After the third "no show", services will be suspended for 12 months.

If a surgical appointment is missed, to include the surgical in-processing appointment, services will be suspended for 12 months to include routine care.

A late arrival of over 15 minutes will be considered a "no-show" and the appointment may need to be rescheduled.

For safety reasons, children under 8 years of age are not permitted in the veterinary treatment facility, and all pets must be on a leash or in a pet carrier.

Payment (cash, check, card) is required at the time services are rendered. There will be no exceptions granted. Contact your local Army vet clinic for information:

Vilseck: DSN 476-2324

Hohenfels: DSN 466-4560

Schweinfurt: DSN 353-8359

Wuerzburg: DSN 350-7429

Ansbach: DSN 467-3179

Bamberg: DSN 469-7972

Metric sizes made easy

Special to the Bavarian News

American sizing is much easier to remember, than the German sizing, as it generally goes by age.

German clothes sizes are designed to represent the height of the child in centimeters. This system assumes that each child grows by six centimeters between sizes.

To make adult clothing conversions a bit easier, there are several Web sites that offer conversion charts for men and women's clothes and shoes:

Clothing: <http://www.evalua8.org/staticpage?page=review&siteid=296>

Shoes: <http://www.pediwear.co.uk/chart.php>

*Hint: Most of your American-bought shoes that have the size on the inside label will have the European sizing conversion on them. This makes finding your size even easier!

Size Conversions

| | |
|---------------|-----------|
| 2-3 months: | 56 |
| 3-6 months: | 62 - 68 |
| 6-9 months: | 68 - 74 |
| 9-12 months: | 74 - 80 |
| 12-18 months: | 80 - 86 |
| 18-24 months: | 86 - 92 |
| 3 years: | 92 - 98 |
| 4 years: | 98 - 104 |
| 5 years: | 104 - 110 |
| 6 years: | 110 - 116 |
| 7 years: | 116 - 122 |
| 8 years: | 122 - 128 |
| 9 years: | 128 - 134 |
| 10 years: | 134 - 140 |
| 11 years: | 140 - 146 |
| 12 years: | 146 - 152 |
| 13 years: | 152 - 158 |
| 14 years: | 158 - 164 |
| 15 years: | 164 - 170 |
| 16 years: | 170-176 |

Avoid costly phone services mistakes

Special to the Bavarian News

Germany is very well connected in the area of personal telecommunications.

There are many telephone, internet and wireless providers and service options to choose from, but as familiar as these services are, be aware that there are some Germany-specific differences.

The more you know, the easier it will be to get exactly what you are looking for, and you'll be able to avoid costly misunderstandings.

Where to sign up

You'll find that most major US military installations here in Germany have a local TKSShop where you can sign up for English telecommunications services including: mobile and home telephone, Internet and cable TV. TKS (Telepost Kabel-Service) is headquartered in Kaiserslautern and operates a Germany wide network of TKSShops conveniently located in an AAFES facility near you.

TKS English phone and Internet services are available both on-post and off-post. Services can also be obtained at Telekom stores located in most cities and larger towns.

Unfortunately most German service providers do not offer you much, if any, English language documentation or support. English billing, customer care, and technical support on the other hand are standard TKS features and nearly all of their calling plans and key features are exactly the same as Deutsche Telekom's.

Phone services

There are two general types of phone service in Germany: a "standard" analog phone service, and ISDN (Integrated Services Digital Network).

Each type of phone service has similar tariffs that allow you to choose the best plan for your type of use. Discounted local and long distance

calling plans are available. You can get long distance calls any time of the day to the USA for less than 3 cent a minute for example and features such as caller-ID, call forwarding and voice-mail are standard with either service.

Details make a difference

When signing up for your telephone, make sure that you know the complete address. Providing the name and telephone number of your home's previous tenant is not required, but can help expedite the activation process.

Do request a fully itemized bill at the time of sign up as this is not always the default for many German service providers. It can take anywhere between 3 to 10 business days for your services to be activated so it is best to sign up as soon as you can.

Your telephone number and date of activation will be confirmed in writing. TKS can offer you the convenience of delivering your activation letter and all your bills to your private e-mail address rather than your APO box.

Also note that in many cases a technician may require access to your home to activate your telephone and additional installation charges may apply. If you have several German TAE telephone outlets in your house, do not be surprised if only one gets activated.

The internal wiring of your home is not part of the standard German service agreement so you will incur extra charges if you request technical service. Technician fees are not cheap in Germany, so be sure to ask for the rates beforehand.

Mobile phones

Europe is in the forefront of mobile telephony and there are several wireless carriers in Germany. Your local TKSShop also has a wide array of mobile devices that are available prepaid or with annual service plans.

You can get a multi-frequency phone that is usable throughout most of the world including the USA.

However, American mobile phones that do not utilize GSM technology will not function in Germany or anywhere outside of the USA.

You will not be charged for incoming calls, regardless of their origin, while roaming within Germany. The caller picks-up the total cost of the call.

For this reason, calling a mobile phone is much more expensive than calling a residential telephone. **It is against the law in Germany to use a mobile phone while driving if you don't have some sort of "hands-free" device.**

Internet

Internet connectivity can range from the most basic 56K telephone dial-up connection to DSL broadband, with download speeds of 1000 to 6000 Kbit/s commonly available.

DSL is widely available but there are still areas that may not have the service. Aside from high performance,

DSL will afford you a significant long-term cost benefit: an unlimited Internet flat rate.

There are currently no unlimited flat rates available with dial-up. Another broadband option with a flat rate is TKS Cable Highspeed, which is an "always-on" high performance cable-modem service that is currently available on many U.S. installations.

Your local TKSShop can give you more information on all of the Internet options in your area.

Contracts

That low advertised price for telephone and Internet service may only be available with a long-term contract: 1 - 2 years.

PCS or deployment orders may not void your contract obligation and many contracts automatically renew for another year unless cancelled well in advance.

More information can be found at www.gettingaround.net.



On the line

The country code for Germany is 49. When dialing a German number from abroad, drop the initial 0 from the local area code. For example, if your number within Germany is 0611-598906, it can be reached from the states by dialing 01149-611-598906.

The emergency telephone numbers in Germany are 110 for police and 112 for ambulance and fire.

If you don't know a number in Germany you can get it on the Web at no cost at www.teleauskunft.de, with instructions in English as well as German. You can also get an English-language information service by dialing 11837, but it's best to use the book or the Internet if you can.

A call for information will cost you at least 50 cents, and more if the call lasts more than 30 seconds, but there are advantages to doing it this way. The information people will, if you wish, connect you immediately with the number you seek. That's especially useful to somebody who's using a cell phone or doesn't have a pencil handy.

You can get numbers outside Germany by dialing 11834 and this foreign information service is also set up to handle things in English. But such a call will cost you even more, and you can also get the information services of other countries online.

Opening hours, dictionary make shopping enjoyable

Special to the Bavarian News

When you take your first shopping trip on the German economy, you will probably experience a mild culture shock upon entering a local store.

How do you buy a pair of shoes, a dress, or a shirt, when the sizes range from 56 to 176!

To top things off, if you're buying groceries, you're expected to bag them yourself, and with your own bag.

The German shopping system does seem unfamiliar at first, but the differences between German and American stores are really few. Most items are packaged about the same; the major difference, you'll find, are the measurements.

Take a dictionary

It's a good idea to take along a pocket dictionary when shopping so you can read and understand labels. You could be in for a surprise by buying an item thinking its one thing, only to find out later at home it's another. All over Europe, the metric system is used.

The large department stores and supermarkets in Germany will have almost everything to satisfy needs, and shopping will be quite simple once you learn your way around measurements.

Don't assume that everything is cheaper in the commissary. Fruit and vegetables, in season, are often cheaper and of better quality on the economy.

Don't handle produce

When shopping for produce on the economy, either in small villages or in the marketplaces, you're not supposed to handle the produce. This is not the case in supermarkets where you make your own selections.

Keep in mind that you are often expected to bring your own shopping bag to bag your own groceries. Most of the larger stores have bags available, but they're not free.

Prices in the stores are fairly standard, but it's not possible to bargain for items. At the same time, retail pricing is not followed as uniformly as in the United States. The same item can be found selling for different prices at several different places, so it pays to shop around.

On entering a shop, the proprietor or owner usually greets you and will also say goodbye



Photo by Paula Guzman

Local stores offer fresh bakery items as well as bargains.

when you leave. It's courteous to return these greetings.

Opening hours change

Up until the early 1990s, store hours were regulated by German law to protect the interests of the shop owner. This is not changed so that the larger stores are usually open longer during the week and on Saturdays.

On Sundays, shops and stores are only open during special events. If you've forgotten something on Saturday, don't expect to pick it up on the economy on Sunday.

Discount sales have become almost as common as in the United States, but good bargains can still be found at the end of a season.

Clothing is generally a bit more expensive on the economy, especially for select items, such as blue jeans. Keep in mind that the cut and fit of European clothing is different, so the size comparisons may not always be exact. Do as you would in the United States, try the item on before buying it.

Q & A VAT relief explained

USAREUR Press Release

What is value added tax? Value added tax is a fee based on value added to a product or material at each stage of production or distribution, which is paid by its purchaser. Common to European nations, VAT is similar to the sales tax found in most U.S. states.

What is the VAT rate in Europe? The standard VAT -- the rate with which servicemembers and their families in Europe are most familiar -- ranges from 15 percent in Luxembourg and Cyprus to 25 percent in Denmark and Sweden. The current VAT in Germany is 19 percent.

The following information uses Germany as an example. While other countries may have similar programs, it's best to check with a local tax relief office for specifics.

What is VAT relief? The German Federal Ministry of Finance permits U.S. forces to make purchases for many common items and services on the local economy without paying VAT. The Army Installation Management Command-Europe's Morale, Welfare and Recreation division runs the tax relief program for U.S. forces in Europe, with offices at every IMCOM-E garrison and some U.S. Air Forces in Europe bases.

Who is eligible for VAT relief? U.S. servicemembers, government civilian employees and members of their immediate families stationed in, or on temporary duty to, Europe or North Africa are eligible. Contractor personnel generally are not.

How does VAT relief work? Tax relief forms can be purchased at a tax relief office for a small fee -- currently \$4 apiece. The forms -- which are specific to the purchaser and cannot be transferred -- are presented to a vendor when a product or service is ordered. The tax is not charged, the vendor completes the form and keeps a copy to turn in to tax officials, and the purchaser returns a copy to the tax relief office. The program is voluntary; purchasers are not required to use the forms, nor are vendors required to accept them. It's wise to be sure a vendor accepts the forms and that the transaction qualifies for VAT relief before making a purchase. Purchasers cannot have more than 10 forms outstanding at any time.

What kinds of purchases are eligible for VAT relief? Most products and services costing

less than 2,500 euro qualify for VAT relief. Purchases of 2,500 euro or more may also be eligible, but require different procedures, such as advance cost estimates and payment to the vendor by a VAT relief office. Some may require advance approval as well.

What kinds of purchases are not eligible for VAT relief? There are many restrictions for VAT relief, so purchasers should check with their VAT office if they have questions.

In general, however, VAT relief cannot be used for:

- Utilities such as water, electricity or natural gas (home heating oil and propane are authorized, however, and VAT offices offer a separate utility tax relief program).
- Telecommunications services such as telephones or Internet connections.
- Expenses for home construction, additions or renovations such as roof repairs, carports or electrical upgrades. There are many more restrictions on home improvements, so it's best to visit a VAT relief office before making property-related purchases.
- Expenses related to the purchase or sale of real estate. Realtor fees paid when renting are authorized, however.
- Property rentals requiring leases of six months or more.
- Expensive collectibles or works of art.
- Business purposes, such as expenses related to running a home-based business.

What are considered improper uses of VAT relief forms? Some common mistakes people make when using VAT relief forms include using someone else's form for a purchase; splitting a purchase and using multiple forms to avoid the euro limit; using an expired form; not providing the form when a product or service is ordered; using a form for an ineligible purpose; and using the standard form for purchases of 2,500 euro or more.

What are the penalties for improper use of VAT relief forms? If VAT relief forms are used improperly, the purchaser can be liable to pay taxes on the purchase and tax-free privileges can be suspended for a year or more. In addition, the purchaser's commander, military police and German authorities are notified, which could result in disciplinary action or tax violation charges.

European Adventure



Photo by Senior Airman Justin Weaver, Aviano Public Affairs

Overseas assignments provide travel, shopping opportunities

by **RABIA NOMBAMBA**
Bavarian News

An assignment to Germany opens up the opportunity to explore an entire continent.

Europe, the third most populated continent with 48 different countries, eight mountain ranges, bounded by the Arctic Ocean, Atlantic Ocean, and the Black Sea, offers cultural diversity and varying landscapes.

Ancient Rome's Coliseum, the Leaning Tower of Pisa, Westminster Abbey, Big Ben, Notre Dame, the Eiffel Tower, the Berlin Wall, Neuschwanstein, and battlefields from World War I and II are some of thousands of sights easily accessible from Bavaria.

Shopping opportunities, like pottery shopping in Poland, crystal shopping in Czech, porcelain shopping in Italy, and antique shopping in Belgium, can also be a part of your European adventure.

Army Community Services centers are a good place to start planning your European adventure.

"We try to provide information that can be done in the local area as well as in different European countries—get people to come by, get information and get ideas," said Dagmar Nall, information and referral specialist at the USAG Ansbach ACS.

Ansbach ACS is updating its travel section to better meet the needs of customers.

"I try to get information about the countries, specific places and certain areas where people have given us feedback," Nall said. "Soldiers and family members come here to get information about different travel destinations, sights, hotels, and more often come back to us with

feedback on those places. I just got some feedback from a Normandy trip and I include that in our information folders."

And if the ACS staff does not have what you are looking for, they will research it for you, added Diana O'Brien, relocation manager at the Ansbach ACS.

Web sites like Travel Europe (<http://www.travelwise.com/>) or <http://goeurope.about.com/> are a good source for travel destinations.

Official city and town Web sites provide information on local sights, tours and hotel accommodations.

Local SATO travel agencies also have specialists to assist people with planning and making reservations—and they have access to government rates.

Due to its size, many travel destinations in Europe are easily accessible by car. The use of Germany's highway system—Autobahn—is free, but many other European countries require a pass to use their highways. Signs close to these countries' borders indicate the need to purchase a pass prior to leaving the country.

Route planners like <http://www.mapquest.com> are good tools for driving directions. Another option is picking up a country map offered in stores and gas stations on the economy.

A train trip, however, might be a more relaxed way of traveling.

The German Bundesbahn has a railroad monopoly in Germany, but other European countries have more than one railroad company with each covering a certain part of the country.

For a train schedule or tickets in Germany, go to <http://www.db.de/site/bahn/en/start.html>.

For those who enjoy group trips, bus tours might be the way to go. Different agencies like Enjoy Tours (<http://www.enjoytours.com>) or SATO offer bus trips to popular travel destinations in Europe. Local outdoor recreation centers also offer bus trips throughout the year.

In the last few years, Europe experienced a boom in bargain airlines. These airlines usually fly from and to smaller airports located further away from main cities. Often additional fees are charged for luggage, drinks and snacks. Check out the sidebar for an overview on bargain airlines and regular airlines with competing offers.

No matter if you're traveling by car, bus, train, or plane, hotel accommodations should be reserved in advance. When traveling to popular tourism areas and during popular seasons, accommodations might be hard to find or might only be available at high prices.

The different standards in Europe's hotel ratings don't make it easy to pick out the desired accommodations. A five-star hotel in Germany doesn't necessarily offer the same comfort as one does in Turkey.

Pensions—family-owned guest houses—are often a cheaper alternative to hotels. However, in Spain or Italy, pensions are usually cheap hostels where as in Germany, Switzerland, or Austria, they are often cozy houses decorated in local traditional style that offer the region's specialties for breakfast and dinner.

In Germany and some of its neighboring countries, the so-called Gasthauses are often all that is available for overnight accommodations in smaller towns. Usually family-owned, they offer hotel rooms, bars, restaurants, and banquet facilities. Lunch and dinner are often served to the public whereas breakfast is typically reserved for overnight guests.

Wherever you go in Europe, you'll often find that even in the same country different regions have different food and customs. Europe has nude beaches and most saunas request their customers to be undressed.

At grocery stores in Germany, you have to buy plastic bags to take the goods home in. And when you shop for jewelry or carpets in Turkey, the proprietor will offer you Turkish tea or coffee and it is considered rude not to accept it. The French breakfast differently than the Italians, Germans, or British do—and none of them come close to an American-style one.

Wherever you go, be prepared to experience and try something new. You might be surprised and get hooked on some of the European ways.

Berlin's single remaining city gate serves as a national symbol of German unity.

Courtesy Photo

Pack your bags

Airlines offering flights to and from Germany:

- **AER Lingus:** www.aerlingus.com
- **Air Berlin:** www.airberlin.com
- **Air Baltic:** www.airbaltic.com
- **Air France:** www.airfrance.de
- **Air One:** www.flyairone.it
- **Austrian air:** www.aua.com
- **Blu-Express:** www.blu-express.com
- **Blue1:** www.blue1.fi/en
- **Centralwings:** <http://www7.centralwings.com/index.en.shtml>
- **Corendon:** www.corendon.com
- **Easyjet:** www.easyjet.de
- **FlyBe:** www.flybe.com
- **Germanwings:** www.germanwings.com
- **Iceland Express:** www.icelandexpress.de
- **Intersky:** www.intersky.biz
- **Jet2:** www.jet2.com
- **KLM:** www.klm.com
- **FlyLAL:** www.lal.lt/en
- **LTU:** www.ltu.de
- **Lufthansa:** www.lufthansa.com
- **Meridiana:** www.meridiana.it
- **Norwegian Air Shuttle:** www.norwegian.no
- **Ryanair:** www.ryanair.com
- **SAS:** www.flysas.com/en
- **Spanair:** www.spanair.com
- **Sterling:** www.sterling.dk
- **Sun Express:** www.sun-express.de
- **TUIfly:** www.tuifly.com
- **Virgin Express:** www.brusselsairlines.com
- **Wizz:** www.wizzair.com



Looking for adventure?

Take a motorcycle ride on Bavaria's wild side

by BOB McGAFFIN

USAG Grafenwoehr Safety Specialist

For those of you who are motorcyclists, opportunities for world class touring abound. Motorcycling is a part of the European culture and you will find wide acceptance of motorcycling in all of the European countries.

Bavaria offers great destinations and is also one of the cheaper areas in Germany to travel in. Hotel accommodations including breakfast can be obtained in scenic areas for as little as 22 Euros a day.

The Alps are only three hours away and are filled with fellow motorcyclists from all over Europe during the riding season. As a testament to the beautiful scenery, tour companies charge up to \$8,000 for a two-week vacation, and that doesn't include airfare.

All of this beauty and opportunity does not come without a price. Typical country roads can be challenging and dangerous for the uninformed or inexperienced rider. Mountain riding is best attempted with a fellow rider having experience in the area you wish to explore.

Secondary roads

It is unusual to find advisory speed road signs on secondary roads. In Germany there are set speed limits depending on the type of road and are not normally posted unless there is a reduction in speed for a specific feature or road construction.

This simply means that you are very likely to encounter unmarked 30 mph curves on roads that have an un-posted 100 kph (62 mph) speed limit. This has been the Achilles heel for many Soldiers stationed here.

Slowing down to a reasonable speed, paying close attention to lane position and accelerating slowly out of the turn when you can see the exit are survival skills that you will have to practice until they are second nature. "Excessive speeds for road conditions" and "failure to negotiate a turn" are common phrases on accident reports.

Oh – did I forget to tell you that many of the rural roads do not have centerline markings because they are only 14 feet wide? German car



Courtesy photo

The Alps are only three hours away and are filled with fellow motorcyclists from all over Europe during the riding season.

drivers are aggressive and expect motorcyclists to be skilled enough to move over close to the shoulder in an oncoming traffic situation. Remember that lane position that we talked about?

Strict testing

A German motorcyclist must pay between 800 and 1,000 € for a motorcycle endorsement and the training process includes 39 hours of road instruction in all weather conditions and a written test from a 5,000 question databank.

That entitles you to operate a 250cc motorcycle for the first two years depending on your age. After that you can buy something bigger. As you can see, their training is a lot more comprehensive that what you may have received back in the states. Remember that when you try and keep up with a group of European bikers.

Protection

Most riders in Europe believe in buying good quality protective equipment and they wear it religiously.

Of course, the weather makes that possible as we see the 80's maybe one week out of the year so you don't have the heat factors that are typical in the U.S.

The typical riding season weather is between 50 and 70 degrees Fahrenheit, and the season typically runs from April 1 to November 1. It is similar to Washington state but with more snow and cold during the winter months.

It is not unusual to see snow in the Alps as late as July so proper clothing is the key to staying warm and alert. The other common weather condition is rain. There are no dry seasons in Bavaria and being properly equipped is essential

to enjoying the ride. The good news is that quality gear is reasonably priced and readily available through several national retailers that have multiple store outlets throughout Bavaria and the rest of Germany.

AE Regulation 190-1 is the regulation that governs the vehicle licensing and registration process for U.S. Army Forces in Europe and sets the minimum standards for clothing and PPE while operating a motorcycle.

Requirements

One of the requirements is that motorcyclists attend a MSF refresher course every three years. MSF courses are offered frequently during the riding season at all military communities in Bavaria.

If you are approaching the three-year window or cannot find your completion card, consider renewing your training before leaving Conus and reporting to your new duty station. You will not be able to obtain a U.S. Army Europe motorcycle endorsement without a MSF course completion card.

If you are a new rider wishing to obtain a motorcycle endorsement, the bad news is that you may not obtain the initial training required to obtain a stateside motorcycle license endorsement on a USAREUR installation in Germany.

In other words, if you want to learn how to ride a motorcycle, either complete the training before you arrive or be prepared to pay for the German instruction and licensing process, not that bad of a deal when you consider the quality and quantity of instruction.

Our MSF courses are taught by qualified MSF rider coaches, and we are always on the lookout for volunteers who exhibit the right mental skills to successfully administer motorcycle instruction.

Although there are contracted instructors for our normal monthly trainings, the success of our motorcycle safety program rests with trained active duty personnel that can offer their commanders in-house expertise.

Interested personnel should contact their local garrison safety office for information on enrolling in MSF Rider Coach Certification courses.

Stay safe on German roadways with sensible driving, obeying local laws, proper maintenance

by MIKE SCHWARZ

USAG Grafenwoehr Safety Officer

Drivers should be aware of the many peculiarities while driving in Bavaria. Historically, Bavaria was considered a low traffic area.

With the many changes over the past few years, this is no longer true.

Traffic has increased 200 percent and the area has become a major thoroughfare between east and west Europe.

Like many other areas around U.S. military installations in Bavaria, the Grafenwoehr area has seen an explosive growth in the population and traffic congestion has risen exponentially.

Most of the roadways used to commute to and from our installations are narrow, winding, and therefore dangerous roads to speed on, even in the best weather and road conditions.

Winter Driving

During the winter months roads freeze and fog up very quickly. Even in the best weather and road conditions, the posted speed limits are often too fast for safe driving. Driving defensively is the only way to survive these roads without having an accident.

Adjust to driving conditions. The posted speed limits are usually meant for ideal conditions such as dry pavement, perfect visibility and good sight distances.

If conditions are less than perfect,

slow down and allow extra time. Cars don't stop or turn as quickly on wet, snowy, or icy roads.

Be aware of drastic changes in road conditions as you drive. Hills or even slight grades (where surfaces afford slow runoff of water) may be clear on one side and icy on the other.

Before you start up or down a hill, shift to the lowest gear needed. Be prepared for unseen hazards.

Following distance between vehicles on slippery roads should be twice the distance or more than when on dry roads.

Stopping distances are three to 12 times greater when road conditions are icy. Look well ahead and be prepared for sudden unexpected stops.

Types of Roads

Autobahns experience heavy traffic, particularly between Berlin, Nuremberg, and Munich on A-9; Heilbronn and Amberg on A-6; Nuremberg and Passau on A-3; and Kempten and Kassel on A-7.

Autobahn traffic often slows to a standstill (Stau), throughout the year, particularly during the summer vacation season. Trips should be planned to account for lengthy delays.

Highways or "Bundes Strasse" often experience heavy traffic densities. These roads tend to run through more densely wooded areas in Bavaria and hazards of fog or ice may appear abruptly on a normally dry road.

These changes must be anticipated when approaching forested areas and

especially bridges.

Bavaria is renowned for its abundance of wildlife. Animals crossing rural roadways must also be anticipated, particularly during winter months.

Bavaria is also a large agricultural region and slow farming traffic can be expected everywhere especially during the summer months and during the harvest.

Throughout Germany, there are strict legal requirements while operating any type of motor vehicle on German roads.

Speed Limits

Although there is no speed limit on German autobahns, unless posted, 130 km/h (81 MPH) is recommended by German authorities.

Twenty-five percent of all fatal automobile accidents in Germany are caused by high speeds and ten percent occur on the autobahns. Excessive speed kills.

Extreme caution and prudence should be exercised when driving on autobahns. Within city limits, the speed is 50 km/h (31 miles) and in housing areas, 30 km/h (18.5 miles) is either posted or recommended. On all other roads the speed is limited to 100 km/h (62 MPH).

The right lane must always be used except when passing. On autobahns, this restriction also applies to the center lane.

Special Requirements

Many European countries now have specific requirements including headlights-on, autobahn passes, reflective vests inside the vehicle, and wear restrictions on tires during the winter months. Researching the laws of the countries that you will be traveling in is a vital piece of the trip planning process. Traveling through



Bavarian roads tend to run through more densely wooded areas, and hazards of fog or ice may appear abruptly on a normally dry road.

non-NATO countries requires that you have a International Driving license in your possession.

In fog, if visibility falls below 50 meters (164 ft), speed must be reduced to 50 km/h (31 MPH). Distances may be judged from the reflecting poles which line both sides of the road and are spaced 50m (164 ft) apart.

Children up to the age of 12, as well as pets, are authorized only in the rear seats if the vehicle is equipped with one.

In Germany, children under age 12 and shorter than 150 cm (4'9") must use a suitable restraint system approved by the Economic Commission for Europe or U.S. Department of Transportation. All occupants must wear seat belts at all times.

Autumn season presents a number

of road hazards that drivers should be aware of. This is the time to get ready for cold weather driving.

Winterize your vehicle before really cold weather sets in. Ensure your car is in good running condition. If it is running a little rough, now is a good time for a tune-up. Don't forget to check your coolant system. Are the heater and defroster working properly? Windshield wipers get plenty of use all year. Make sure they are in good condition.

Tire Rules

Tire pressure should be checked often, especially in winter. Remember that low tire pressure does not increase traction and can cause tire failure at high speeds. It is common practice in

See BE AWARE Page 21

Grafenwoehr & Vilseck

CLUB BEYOND (Chapel Youth Ministry)

Club meetings, Discussion/Bible study groups, trips, retreats, and service projects
Aretta Zitta, Community Director, aretta.zitta@us.army.mil - 0160 -98769678

Abbey van der Meij, abbey.h.vandermeij@us.army.mil 0151 -14979568
6:30 P.M. – 8:00 P.M.
Tuesdays High School Club
Vilseck Chapel Hall - dinner starts at 5:45 P.M.

3:30 P.M. – 5:00 P.M.
Wednesdays Middle School Club
Netzaberg Middle School

5:30 P.M. – 7:00 P.M.
Sundays (2 x month), Real Life
Vilseck Fiddlers Green
5:30 P.M. – 7:00 P.M.
Sundays (2 x month), Real Life
Graf Chapel Annex Bldg. # 140

AWANA (Kid-focused ministry 4 yrs – 6th grade)

POC Margaret Bartlebaugh 09645 – 602156, nmsbartlebaugh@juno.com
3:30 P.M. – 5:15 P.M. (during school year)
Sundays (except 4-day weekends)
Graf Chapel Annex Bldg. 140
For information regarding Muslim, Jewish, and Orthodox services, contact your chapel!

Nuernberg: 0911-28782
Vilseck Chapel 476-1570
Grafenwoehr Chapel 475-1570
2 SCR Rear D Chaplain 476-5921
Catholic Coordinator 476-3696
Family Life Center 476-3276

Orthodox
Nuernberg: 0911-3130202

CHAPEL COMMUNITIES

Worship Services, Bible Studies,

Fellowship Opportunities for Adults and Youth

Phone: 476-1570 (DSN) Vilseck
09662-83-1570 (CIV)
475-1570 (DSN) Grafenwoehr
09641-83-1570

Catholic Parish
POC CH (CPT) Fausto Kaverenge
DSN: 475 - 7142 or Ali Mako 476 - 3696
(Confessions available before Mass)
9:00 A.M. Sunday Mass, Graf
11:15 A.M. Sunday Mass, Vilseck
Daily Masses
12:05 P.M. Mondays & Tuesdays, Graf
12:05 P.M. Wednesdays & Fridays, Vilseck

Catholic Women of the Chapel
11 A.M. Bible Study 2nd & 3rd Tues. G
5:30 P.M. Social Ev. last Sun of the month
11:00 A.M. Bible Study 2nd & 3rd Wed. Vils - 5:30 P.M. Social Ev. 1st Sun of the month
Please call your chapel for times of the Rosary.

CCD (Vilseck)
12:45 P.M. – 1:30 P.M. Sundays
Vilseck Annex, Bldg. # 205

CCD (Graf)
10:15 A.M. – 11:00 A.M. Sundays
Graf Annex, Bldg. # 140
To include all sacramental classes i.e., confirmation, First Holy Communion & RCIA (Rite of Christian Initiation of Adults)

Vilseck Protestant Congregation
POC CH (LTC) James Hartz DSN: 476 - 1570
9:00 A.M. Sunday Worship
10:00 A.M. Fellowship
10:20 A.M. Sunday School

Protestant Women of the Chapel
9:00 A.M. Tuesdays. Free Child Care
Protestant Praise Team

7:00 P.M. Wednesdays

Protestant Men of the Chapel
8:00 A.M. Saturdays (2nd and 4th)
Vilseck Chapel Fellowship Hall

Graf Protestant Congregation
POC CH (COL) David Hillis DSN: 475 - 1370
9:00 A.M. Sunday School
10:30 A.M. Sunday Worship

Protestant Women of the Chapel (PWOC)
9:00 A.M. Thursdays
Free Child Care
Protestant Women of the Chapel (PWOC)
5:30 P.M. Wednesdays
Graf Chapel Annex Bldg. # 140

Protestant Men of the Chapel (PMOC)
11:45 A.M. Thursdays
Graf Chapel Annex Bldg. # 140

Church of Christ Congregation
POC CH (CPT) Gerald Woodford DSN: 475 - 8170
4:00 P.M. Sunday Worship
Graf Chapel
6:30 P.M. Bible Study Sundays
Graf Chapel

Episcopal/Lutheran Congregation
POC CH (LTC) David Scheider DSN: 475 - 6662
10:30 A.M. Sunday Worship
Small Chapel, Vilseck

Gospel Christian Fellowship
POC James Fleming DSN: 475 - 8788
1:00 P.M. Sunday Worship
6:30 P.M. Tuesday Bible Study
Graf Chapel

Seventh Day Adventist Congregation (Vilseck)
POC Dr Nestar Rios DSN: 476 - 2968

10:00 A.M. Saturday Study Hour
11:00 A.M. Worship Service
Small Chapel, Vilseck

Wisconsin Evang. Lutheran Synod
POC Pastor Martin 06732 9659813 or CH (LTC) James Hartz DSN: 476 - 1570
9:30 A.M. to 2:30 P.M.
3rd Saturday of the month
Vilseck Bldg. # 219, 205

Netzaberg Pentecostal Service (COG)
POC CH (MAJ) John Chun DSN: 476 - 1570 or
Bishop Herman Mitchell 0160 7872483
10:00 A.M. Sunday Worship
CYS, Youth Center, Netzaberg
6:30 P.M. Wednesdays Bible Study
Graf Chapel

Jewish Study and Resource Group
POC Eric Tobias DSN: 475-9633 or 0160 91005031
7:00 P.M. – 9:00 P.M.
1st Tuesday of every month
Graf, Bldg. # 555, Conference Room (corner of Gettysburg and Aragonne)

The Church of Jesus Christ of Latter Day Saints
POC Elder Abersold 09641 – 936966
9:30 A.M. – 12:30 P.M.
Sunday Service
Vilseckerstr. 7, Grafenwoehr (just outside Gate 1)

Grafenwoehr Community Chapel (475-1570 or 09641-83-1570)
Vilseck Community Chapel (476-1570 or 09662-83-1570)

Both Communities offer a variety of special programs which you are always welcome to participate in!

Watch for community announcements and come join us!

Schweinfurt

LEDWARD CHAPEL

DSN 354-1370 or CIV 09721-96-1370

SUNDAY

9 a.m. Protestant service
9 a.m. Catholic CCD
10:45 a.m. Protestant Sunday school for adults and children
11 a.m. Catholic Mass
12:30 p.m. Gospel service

MONDAY/FRIDAY

11 a.m. Weekday Catholic Mass

TUESDAY

4:30 p.m. Middle-schooler Club
Beyond at the middle school gym

WEDNESDAY

9 a.m. Protestant Women of the Chapel small group Bible studies
For more information, e-mail pwoc.schweinfurt@googlemail.

com or call CIV 0170-277-8980.

5:30 p.m. Gospel Bible study

6 p.m. Community home Bible study at a home in Schweinfurt
For more information, e-mail dan_500@hotmail.com or call CIV 0170-277-8980.

6 p.m. Jewish study group at Conn Chapel
6:30 p.m. Gospel praise/choir rehearsal

THURSDAY:

5:30 p.m. High-schooler Club
Beyond at Bamberg Chapel, rides available.

For more information, e-mail popnotsoda@hotmail.com or call CIV 0160-332-1498, e-mail libeth_cable@hotmail.com or call CIV 0175-666-3339.

5:30 p.m. Protestant Women of the Chapel Bible study.
For more information, e-mail pwoc.schweinfurt@googlemail.

Visit or call CIV 0170-277-8980.

FRIDAY

6 p.m. Community prayer hour

SATURDAY

12 p.m. Gospel men's fellowship first Saturday of each month
12 p.m. Gospel women's fellowship third Saturday of each month
6 p.m. Spanish Catholic Mass second Saturday of each month

Ansbach

KATTERBACH CHAPEL

DSN 467-2785 or CIV 09802-832-785

SUNDAY

0900 Catholic Mass
1030 Catholic Religious Education
0930 Protestant Sunday School *
1100 Protestant Service
1300 Church of God in Christ
1430 Hispanic Pentecostal Service

MONDAY/TUESDAY/THURSDAY

1130 Catholic Weekday Mass

THURSDAY

1900 COGIC Bible Study

FRIDAY

1900 Hispanic Pentecostal Bible Study

STORCK CHAPEL

DSN 4674-642/826 or CIV 09841-83-642/826

SUNDAY

0900 Protestant Sunday School
1000 Protestant Service
1000 Catholic Religious Education
1130 Catholic Mass

WEDNESDAY

1130 Catholic Weekday Mass

For all other religious services, please contact the Katterbach or Storck Chapel Offices.

CLUB BEYOND 2008 – 2009

Ansbach Chapel: DSN 4672-685 or CIV 09802-832-685
Transportation for Storck youths is available. Ask for Sean, Rene, or Veronica.

Club Beyond reaches out to the youth in the community by meeting teenagers where they are, loving them unconditionally, and challenging them with the message of God's love demonstrated in the person of Jesus Christ.

Definition of the "Club" – it is a safe, weekly meeting where teens gather to have fun while playing games, hanging out with friends, and hearing about God's love.

KATTERBACH CLUB SCHEDULE:

Girls Breakfast Club Tuesday 0700
Boys Breakfast Club Thursday 0700
Middle School Thursdays 1530 -1700 in High School Cafeteria

High School Thursdays 1730-1900
High School Cafeteria

For more information, visit www.clubbeyondbach.com.

Sean 01511-497-7561 / Rene 0160-962-81276 or Veronica 0151-539-71019

KATTERBACH CHAPEL

DSN 467-2785 or CIV 09802-832-785

PWOC

Tues @ 0930

Men's Bible Study

Tues @1700

Military Council of Catholic Women

Thurs @ 0900

PWOC Evening Study

Thurs @ 1900

Church of God in Christ Bible Study

Thurs @ 1900

Hispanic Pentecostal Bible Study

Fri @ 1900

Thursday Bible Luncheon

Thurs @ 1200

STORCK CHAPEL GROUPS

DSN 4674-642/826 or CIV 09841-83-642/826

Protestant Women of the Chapel

Tues @ 0915

Protestant Men of the Chapel

Thurs @ 1800

Military Council of Catholic Women

Wed @ 0900

KATTERBACH CHAPLAINS

DSN: 4672-072 / 785 or CIV: 09802-832072 / 785

Chaplain (LTC) M. Yarman, Garrison

Chaplain (CPT) G. Okoth, Deputy

Chaplain (MAJ) C. Grossruck, Family

Life Chaplain

Chaplain (CPT) J. Torres, Resource

Manager

SSG R. Blalock, Chapel NCOIC - DSN: 4673-671 or CIV: 0162-270-4706

Mr. M Edwards, Director Religious Education - DSN: 4673-082

Mr. T. Shepherd, Management Technician - DSN: 4672-189

Mr. J. Mudge, Administrative Support Assistant - DSN: 4672-314

Ms. V. Pilapil, Administrative Technician - DSN: 4672-072 / 785

STORCK CHAPLAINS
Chaplain (COL) G. Drew, Garrison Support Chaplain - DSN: 4674-642/826 or CIV: 09841-83-642/826

SGM N. Hadley, Chapel NCOIC - DSN: 4674-826 or CIV: 09841-83-642.826

Mr. E Gainey, Administrative Support Assistant - DSN: 4674-826

CH (CPT) Cody Vest, 2-159 ARB - DSN: 4674-614/642 or CIV: 09841-83-614/642

ON-CALL DUTY CHAPLAIN - CIV 0162-296-4338

Garmisch & Hohenfels Listing

Snapshots of Your New Home

Military installations, services make Germany a home away from home

by KATIE COWART
Special to the Bavarian News

Time spent at U.S. Army Garrison Grafenwoehr can be some of the most enjoyable of your career if you aren't afraid to explore the surrounding areas.

The garrison is located within the scenic state of Bavaria, Germany's largest and southernmost state. Bavarian culture is exceptionally distinct from the rest of Germany, and Bavarians take a lot of pride in tradition.

While stationed here, you can delve into the region's colorful history (many influential cities are located within a short distance of the post) or simply enjoy many of Europe's modern day amenities.

Grafenwoehr

Military mecca for the U.S. Army in Europe, Grafenwoehr has a colorful 90-year history, which began under the Royal Bavarian Army and continued with the German Wehrmacht.

The U.S. Army began using the training area for its forces in 1947. Many celebrities, including the Bavarian princes and Elvis Presley, the King of Rock 'n' Roll, have visited the training area.

Since then, it has become home to the 7th Army's Joint Multinational Training Command, which provides world-class training to U.S. and NATO forces and serves as the U.S. Army Europe's focal point for all force and training modernization issues. It is also home to the 2d Stryker Cavalry Regiment, 172 Infantry Brigade, and several tenant units.

The U.S. Army's Morale, Welfare, and Recreation program offers everything from bowling, tour services throughout the region and surrounding countries, festivals, a world-class fitness facility, and an American movie theater (<http://www.aafes.com/ems/>) to sporting and entertainment events.

Soldiers can also enjoy shopping on post at the largest post exchange in Europe. The new Army and Air Force Exchange Service PX opened its doors Sept. 26, 2007, alongside a brand new state-of-the-art commissary, where consumers can purchase groceries, dairy products, frozen food, meat, produce, health and beauty items, household, and tobacco products at cost.

The U.S. Army Garrison Grafenwoehr also includes the sub-community of

Vilseck, an approximate 15-minute drive from Grafenwoehr.

Vilseck also boasts a commissary, movie theater, shopping facilities, sporting, fitness, and entertainment opportunities.

In addition to their award-winning military dining facilities, Grafenwoehr and Vilseck offer several fast food options, including Burger King, Subway, Anthony's Pizza, Popeye's Chicken, Charlie's Grilled Subs, and Baskin Robbins.

While there is much to see and do on post, the area surrounding the installation is what makes being stationed here so special.

Garmisch

Nestled in a Bavarian valley surrounded by the majesty of the Bavarian Alps and overlooked by the Zugspitze, the tallest peak in Germany, Garmisch-Partenkirchen is the kind of place that will make you say, "I'm glad I work here!"

From the moment you arrive in Garmisch-Partenkirchen you'll realize just what a special place this is.

The U. S. Army Garrison Garmisch military community is a close knit family with Soldiers and civilians pulling together to support each other as they serve their country.

The garrison headquarters is located on Artillery Kaserne, a compound originally known as Kraft von Dellmunsigen built in 1935 to house the specialized mountain corps. After serving as a barracks, hospital, and POW camp for both Allied and German soldiers, the kaserne today is shared with the Gibrigmusikcorps 8, the last of the Germany's Edelweiss soldiers.

USAG-Garmisch is responsible for Sheridan Kaserne, home of the George C. Marshall Center. A renowned international educational institution dedicated in 1993, the center offers an array of programs and specializes in the promotion of cooperation, trust, and understanding for civilian and military professionals from more than 47 countries and provinces.

USAG-Garmisch is also responsible for the NATO School nearby in Oberammergau. The NATO School originally received its charter in 1975,

Bavaria is rich in culture, history, and tradition... Commonly referred to as German's most scenic state, Bavaria borders Austria, the Czech Republic, and Switzerland.

and today it continues to inform and train national and international staffs supporting NATO's strategic concept. Oberammergau is home to the world-famous Passion Play.

Finally, military and DoD personnel, retirees and families come to Garmisch to enjoy the world-class skiing and other Alpine sports at the Edelweiss Lodge and Resort, the crown jewel of Armed Forces Recreation Centers.

With 330 rooms, banquet and conference rooms, the Vacation Village Camp Grounds, and the Hausberg Sports Lodge, Edelweiss offers something for everyone.

On Oct. 2, after 14 years under the USAG-Stuttgart footprint, the Garmisch community came under the authority of Grafenwoehr.

Ansbach

U.S. Army Garrison Ansbach is located in the German state of Bavaria, whose inhabitants are a lot like Texans — proud of where they live and their way of life.

The Middle Franconian region of Bavaria is a somewhat flat, yet rolling terrain. The area might best be described as the foothills of the Alps, which are only two to three hours away and provide marvelous retreats from the daily grind.

The USAG Ansbach Community is made up of several different installations—Katterbach Kaserne, Bismarck Kaserne, Shipton Kaserne, Bleidorn Housing Area and Barton Barracks in the Ansbach area, and Storck Barracks about a half hour away in Illesheim.

Illesheim is located approximately 30 kilometers (18 miles) from Ansbach. Though somewhat small and isolated, Storck Barracks has every life-sustaining facility necessary — commissary, shoppette, bookstore, education center, gas station, gym and library to name a few. Its small population (nearly 1,200 Soldiers), creates a small-town America atmosphere

many residents enjoy. An elementary-middle school is located in the middle of the housing area. High school students are bused to Ansbach.

Now one of the enduring communities within the European Theater, the USAG Ansbach community might be considered a work in progress. The Army's Whole Neighborhood Renovation Program is improving base housing and much more.

Ansbach and Illesheim are both great communities for families. Army Community Services stresses community involvement through People Encouraging People, and the community volunteer coordinator will assist anyone who wants to engage in fruitful activity. Paid positions are also available through the civilian personnel.

Youth Services programs run year-round and are philosophically slanted toward participation rather than win-at-all-costs competition.

The community theater group at the Terrace Playhouse on Bleidorn consistently presents excellent productions put on by volunteers from the community.

Recreational outlets include three area golf courses that cater to military duffers, fishing, hunting, swimming, bowling, biking, and more Volksmarches and running trails than one can imagine.

The community sports program offers a full slate of team sport activity. And there are two complete, physical fitness centers that are undergoing renovations.

All told, the USAG Ansbach communities of Ansbach and Illesheim offer a small town community atmosphere with modern amenities and a stone's throw from Nurnberg and Austria for those who like the Big City and travel opportunities.

Hohenfels

Hohenfels, home of the Joint Multinational Readiness Center, is located in an especially beautiful rural area

part of what is referred to as The Upper Palatinate (Oberpfalz), one of the seven administrative regions of Bavaria.

Hohenfels has all the conveniences of a post of its size including a PX, commissary, Burger King, Robin Hood, shoppette, and other post services.

A great part of living in Hohenfels is the "best little home town in the Army" atmosphere, a philosophy from the Garrison Commander on down that speaks to a "people first" attitude, beginning with a promise from the commander that any negative Interactive Customer Service comment received will be personally addressed by administrative leadership with the sender within 48 hours.

While serving at the best home town in the Army on post, the off post opportunity to visit and enjoy the surrounding German towns, Velburg, Parsberg and Hohenfels, provides a wonderful cross section of the German rural culture highlighted by the friendliness and accommodating spirit of the people in this area.

Attend the fests, eat at the restaurants and gasthouses, shop in the many attractive stores, and take the moment to interact with the citizens and you will be convinced that there is even more to experience and enjoy during your time in Hohenfels.

Schweinfurt

The U.S. Army Garrison Schweinfurt includes five separate areas in Schweinfurt—Conn Barracks, Conn Annex, Ledward Barracks, and the Askren Manor and Yorktown housing areas—and one in Wuerzburg, Leighton Barracks.

Home to 11,000 American Soldiers and civilians, as well as their families, Schweinfurt offers everything from Army Community Service classes to a fully loaded Power Zone at the PX.

With an internal bus system traveling to all installations, residents always have a safe, reliable, free way of getting around.

For those seeking adventure outside the installation, Schweinfurt is a city of rich diversity and varied culture.

German cuisine is just the beginning, and you can indulge your taste for Greek, Vietnamese, Thai, Chinese, or Italian dishes without traveling more than five miles.

There is also the Schweinfurt Wildpark, where you and your children can enjoy seeing many different animals, with the aid of English-language signs and brochures, for no cost.

There is also a year-round indoor/outdoor Schwimmbad, called the Silvana, a short drive across town from post.

Downtown Schweinfurt consists of a large pedestrian shopping area, market place, and central bus stop. The Rathaus, in the market place, is used as a symbol of Schweinfurt.

Facing the Rathaus is a statue of Frederick Rueckert, a famous German poet born in Schweinfurt.

Other points of interest include war monuments, churches, and museums. Schweinfurt and Wuerzburg both have a Hauptbahnhof, which provides train transportation, linking these two areas with the rest of Europe.

The Sights

Bavaria is rich in culture, history, and tradition. It is primarily Roman Catholic, and was first mentioned in writing around 520 A.D. Commonly referred to as Germany's most scenic state, Bavaria borders Austria, the Czech Republic, and Switzerland.

Politics within Bavaria are generally more conservative than the rest of Germany.

Bavarians hold close to their traditions because they were an independent state until 1871. They value time spent at their numerous festivals and time spent with family and friends. They also place high value on foods and drinks, many of which can only be found locally in Bavaria.

In addition to the Bavarian Weisswurst (white sausage), two Bavarian cities have bratwursts named after them—Nuremberg and Regensburg.

Bavarians also value their beer, and many times the best meals can be had in a local brewery.

Soldiers who would like to venture out into the picturesque countryside don't have to travel far for top-notch entertainment and activity.

Amberg, Bayreuth, and Weiden are the closest larger cities. Weiden (about 20 km

from Grafenwoehr with a population of 42,444) has a small pedestrian shopping district and many local and multi-ethnic restaurants to choose from. Bits of history can be revealed around town by walking around the Rathaus, or town hall, and visiting the old churches.

Much like Weiden, Amberg (about 20 km from Vilseck with a population of 44,200) boasts many restaurants, small bars, pubs, and much to see and do.

Both cities offer several larger night clubs. The best way to discover both of these cities is to walk their downtown, since many of the downtown areas in Bavarian cities are primarily pedestrian zones.

Many of the Germans in these areas speak some English, so if you have a question, don't be afraid to ask.

The larger and more well-known Bayreuth (about 30 km from Grafenwoehr) has a population of 74,392. The city is best known for its affiliation with Richard Wagner, the world renowned composer who lived there from 1872 until his death in 1883.

It is home to the annual Richard Wagner Festival, Bayreuth Opera House, the University of Bayreuth, and many beautiful Baroque parks.

Three larger cities in Bavaria that should be visited are Nuremberg (about 80 km from post), Regensburg (95 km from post), and Munich (220 km from post).

Munich is home to 1.3 million people and the largest beer festival in the world—the Oktoberfest. It is the capital of Bavaria, the state's largest city, and Germany's third largest city.

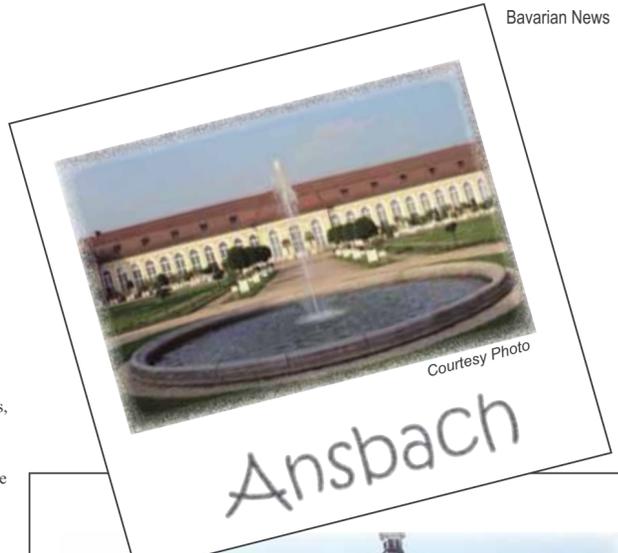
Regensburg has a population of 151,000, lies on the famous Danube River, and has a rich history that dates back to the Stone Age.

Nuremberg has a population of 500,000 and is the home of the most famous of the German Christmas markets, or Christkindlmarks.

The best way to visit any of these cities is by train. Traveling by train in Germany is an easy and affordable way to enjoy your local area.

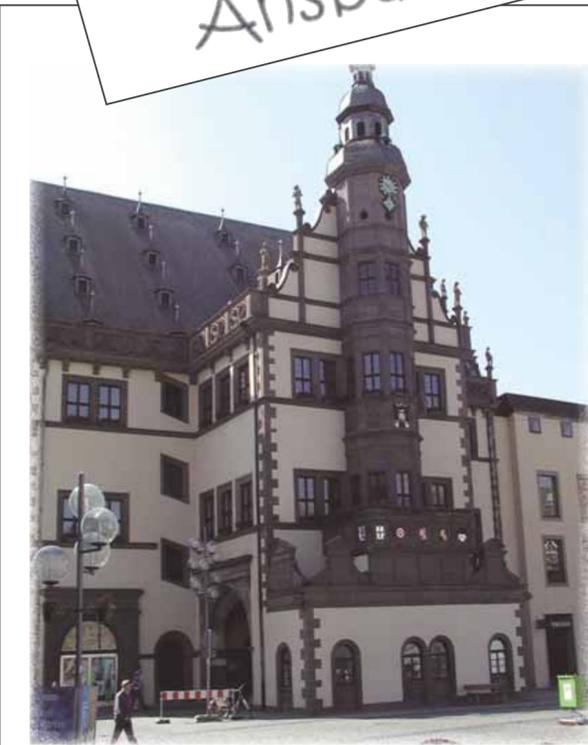
The German railway system offers a budget ticket called the "Bavaria ticket," which can be bought for a single person or a group of up to five people. It allows unlimited travel throughout Bavaria and into Salzburg, Austria, for a 24-hour period at a price of 19 to 29 Euros.

Whether you are interested in sightseeing, wine tasting, sports, or the arts, Bavaria has something to offer you!



Courtesy Photo

Ansbach



Courtesy Photo

Schweinfurt

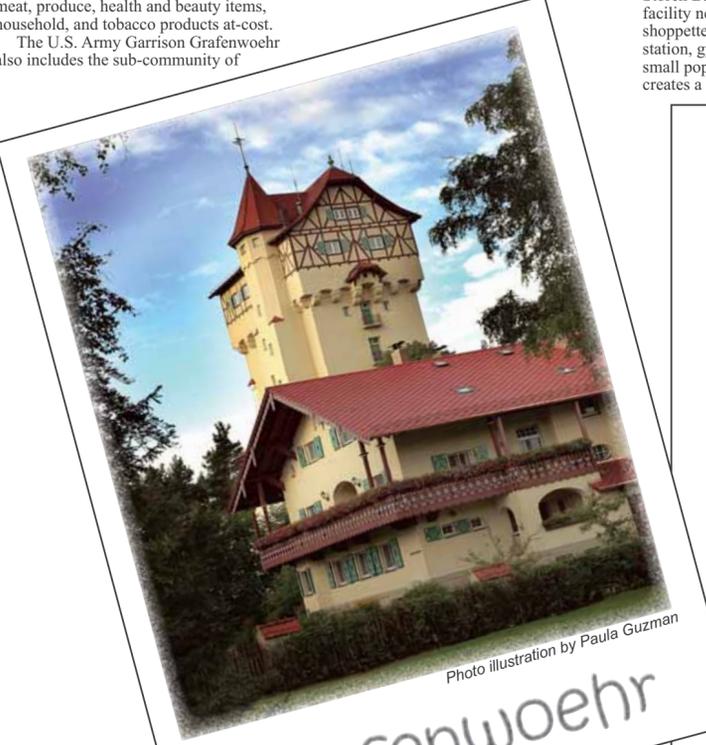


Photo illustration by Paula Guzman

Grafenwoehr



Photo by John Reese

Garmisch



Courtesy Photo

Hohenfels



Photo by Nick D'Amario

Vilseck

Bavaria is the most favored German state for vacationing and tourism.

Its scenery, cultural riches, the agreeable price-to-service ratio, and the traditional Bavarian hospitality are strongly appreciated by countless visitors from Germany and abroad.

The Free State maintains strong positions in international tourism. One in nearly five visitors comes from abroad. U.S. tourists are in the lead, followed by those from the Netherlands, Belgium and Luxembourg, Italy, Great Britain, Japan, Austria, and Switzerland.

Following postal procedures ensures mail reaches residents overseas

Get the answers to your frequently asked questions here



Q: How will I be assigned a mailbox in the community?

A: We will receive a list of the personnel that are coming in as unit move, and we will issue mailboxes in advance so that you can start to send mail and to notify all correspondences of the new mailing address. Those coming in as individual replacements, and not part of the unit move, will be issued a box once in country when they in-process.



Q: Will I have a combo or key?

A: All of our mailboxes use combinations.

Q: What information composes my new mailing address?

A: Name, CMR #, Box #, and 9 digit zip (zip + your box number)

Q: What's my city? What's my state?

A: City is APO. State is AE. If you are ordering off the Web and AE is not an option, use NY and enter the city as APO AE.

Q: Can I receive mail at my house or at my government quarters?

A: Mail that comes to the CMR will not be delivered to your physical address. It is only delivered to your CMR box number. The local Bundespost (German Post Office) does not deliver to on post housing or government quarters. If you live off post, you can have mail sent to your physical address if you wish, but it will cost more if coming from the states. Your local phone and energy bills can be sent to the physical address off post.

Q: Do I need to include Germany in my address?

A: No. Do not include Germany in your address. If you do, and someone sends you something from the States, they may have to pay the international rate rather than domestic rate for the mail.

Q: Do the cards I fill out when I in process notify others of my change in address or do I need to notify all my correspondences?

A: The cards that you fill out at the CMR are for our records and for the APO records only. The cards in no way notify others of your new address. You will need to contact all of your correspondences of your correct address as well as your previous servicing Post Office.

Q: How many mailboxes are authorized for me and my family?

A: One per sponsor. If both spouses are military, then they are authorized a mailbox each, however, we recommend one per family.

Q: Do I have to list all of my command sponsored dependents?

A: Yes, if we receive mail for dependents that are not listed, or that do not match dependents that we have listed, then the mail will be returned to sender as "Attempted Not Known".

Q: If something has the wrong or incomplete address and arrives at the CMR, will I still get it?

A: Yes, so long as we have the name in our system, we will redirect the item to the correct mailbox.

Q: How long will it take before I get mail at my new address?

A: After you have notified the USPS of your change of address, it could take about a week for mail to begin arriving at your new address. Several factors will have an impact:

- * How far in advance did you notify the USPS of your move? (We recommend that you notify the USPS at least two weeks before your move date.)
- * What date did you request to have your mail forwarded?
- * How far did you move?

Q: How long will the post office forward my mail and what are the costs?

A: First-Class Mail®, Priority Mail®, and Express Mail®: All forwarded for 12 months at no charge. Periodicals: Forwarded for 60 days at no charge (includes newspapers and magazines). Standard Mail (formerly Standard Mail A): Not forwarded unless requested by the mailer. These items include circulars, books, catalogs, and advertising mail weighing less than 16 ounces.

Package Services (formerly Standard Mail B): Forwarded locally for 12 months at no charge. Additional forwarding charges are paid by you if you move outside the local area (includes packages weighing 16 ounces or more not mailed as Priority Mail®).

Special Services: Certified, insured, registered, or special handling mail is forwarded without additional special service fees when mail is being forwarded to a domestic address only. Mail is subject to the applicable postage for each specific service.

Note: COD and Signature Confirmation are not possible at APO's.

Q: How does mail get from the States to my mailbox?

A: Express, First Class (Priority), SAM, PAL: Brought by plane from the states to Frankfurt. The GAMT (German Air Mail Terminal) in Frankfurt separates and loads trucks destined for all Regional Post Offices (RPO) in Germany. The mail truck arrives around 7:30 a.m. at our RPO/APO each day of the week, Mon-Fri. The APO then breaks down the mail for the community. We (the CMR) then pick up the mail from the APO. We then sort, process, and pitch the mail into the mailboxes. Transit time is between 5-14 days. Express is 2-3 days.

Pre-Sorted standard catalogs and PO: May travel by the same means as Express, First Class (Priority), SAM, and PAL or by the same means as the following:

Parcel post, 4th class, and standard, bulk: Travels over ground from point of origin in the states to New Jersey in semi containers. Once in NJ, it is loaded onto a boat that travels to Rotterdam, The Netherlands. The container is then trucked to the GAMT (German Air Mail Terminal) in Frankfurt, downloaded and inter-mixed with the regular mail. Transit time is between 4-6 weeks.

Q: Will extra postage be required for mail to be shipped to me or from me?

A: No, there is no difference from the states to here or from here to the states. Domestic rates apply regardless of states or from APO (example= if you mailed a letter home, it would cost only 42 cents, and if home mailed you a letter it would cost them also 42 cents).

Q: Do I have to put a stamp on an envelope that has the endorsement "No Postage Necessary if Mailed in the United States"?

A: No, postage is not required.

Q: How must I wrap my packages?

A: Normal cardboard boxes can be used with brown/clear packing tape. If the boxes being used previously contain merchandise, the box can be used provided that any markings on the outside have been marked out or the box is covered with brown wrapping paper. If the box contains the merchandise then the box only needs to be sealed with brown/clear packing tape. The APO has brown wrapping paper and paper tape available in their lobby free of charge. For more information: <http://www.usps.com/send/prepemailandpackages/preparingpackages.htm>.

Q: How big can incoming and outgoing packages be?

A: Parcel Post: Packages can weigh up to 70 lbs. and measure up to 130 inches in combined length and distance around the thickest part. Parcel post is deliverable to every U.S. address, including PO boxes and military addresses. Delivery time is around 4-6 weeks.

Priority Mail: Maximum weight is 70 pounds, and the maximum size is 108 inches in length and distance around the thickest part combined. Priority mail is deliverable to every address in the United States - including PO Boxes and military addresses. Delivery time is around 7-10 days.

Q: Can I send or receive overnight express? If not, how long does it take express mail to transit?

A: No, overnight express is not possible. Normal express takes 2-3 days to transit the system, not counting the day mailed. Express Mail Military Service is guaranteed for delivery in 2-3 days, not counting the day mailed. Postage is refundable if not received within the given times, minus delays due to customs.

Q: Can I use other than the U.S. Postal System to receive parcels (i.e. UPS and Fed Ex)?

A: Yes, you can have items sent to your physical address, but at a much higher cost and it may be subject to import and customs taxes of the host country.

Q: Who can pick up my mail?

A: You and your command sponsored dependents. You can also fill out a PS form 3801 (Standing Delivery Orders) to have others pick up your mail so long as they are an ID card holder with the same privileges for mail.

Q: If I have friends or family that come to Germany for a visit, can they receive mail through my box?

A: No, only command sponsored dependents (family members listed on your orders) may receive mail through your mailbox.

Q: How often should I check my mail?

A: Daily if possible, but at a minimum weekly.

Q: What happens to my mail if I do not pick it up?

A: By regulation we are required to check mailboxes monthly for aged mail or non use. If we find old mail in a mailbox, we attempt to contact the sponsor of the box, if unable to do that we then attempt to contact the unit commanding officer or first sergeant to find out where the Soldier is. We then act on what ever information we find out. If there is no reason for the mail being old, we then do one of two things:

1. We return the old mail back to the sender as "unclaimed".
2. We close the mailbox.

Q: What if I am unable to make it to the CMR during normal hours of operations?

A: You can appoint someone on a PS Form 3801 to pick up your mail, or you can request (at Vilseck CMR) the use of the After Hours Parcel Area (request forms located in lobby).

Q: What if I am unable to pick up mail (i.e. leave, TDY, deployed, etc...) for more than eight working days?

A: Come to the CMR before leaving and fill out a DD form 2258 (Temporary Mail Disposition Instructions). If you leave with short or no notice, and the window is closed, we have 2258s in the hallway. Fill one out and drop in the drop boxes by the customer service window or at the end of the hall. One final option is to send an e-mail from your AKO account to the Postmaster notifying them of what to do with your mail.

Q: When I deploy, do I still get my mail?

A: Yes, the mailbox remains open and you need to fill out a DD Form 2258, if gone for more than eight working days. You can have your mail held or forwarded to you. We recommend that if you do not have dependents here to pick up mail for you while you are gone, that you have your mail forwarded to you.

Q: What type of identification do I need to pick up mail at the customer service window?

A: Your military ID card is all that is required and is the only ID accepted.

Q: Can I check my mail at anytime of the day or night?

A: Most lobbies are open 24-7, unless otherwise posted.

Q: How will I know that mail has been distributed for the day?

A: There are marquee's at the CMR that we change daily, Monday-Friday, to show mail is distributed or has not been distributed for the day.

Q: When is daily mail distribution normally completed?

A: Monday and Tuesday times are around 5 p.m. The rest of the week is around 2:30 p.m. Times may vary based on the amount of mail and the time in which the mail truck arrives.

Q: Can I run a business through my CMR address?

A: No. Any business related to mail can not come to your CMR address. You can have business items sent to your physical address; however it may be subject to customs and import taxes.

Q: Can products I order from the states be delivered to me at the CMR?

A: Yes, so long as the items are not on the prohibited list or business related.

Q: Are there any items that I can not receive through my CMR mailbox?

A: Yes. Any rationed item (coffee, cigarettes), alcohol, or anything that could potentially harm a n employee of the postal system.

Q: What are the procedures if I have not received a package that should have arrived?

A: Uninsured and Certified: The sender can go to <http://postalinspectors.uspis.gov/forms/mlntrcvd.aspx> and file a mail loss report.

Insured, Express, and Registered: Only the sender may file a postal insurance claim, PS Form 1000. The sender needs to go to the local Post office and fill out the claim there. For more information, go to the USPS Web site, click on receiving your mail and check out FAQ's, topic claims, sub-topic domestic mail.

Q: What are the procedures for packages received where some items that were supposed to be included are missing?

A: Uninsured and Certified: <http://postalinspectors.uspis.gov/forms/mlntrcvd.aspx> and file a mail loss report

Insured, Express, and Registered: The sender or addressee may file a postal insurance claim. The sender or addressee needs to go to the local Post office and fill out a PS Form 1000. For more information, go to the USPS Web site, click on receiving your mail and check out FAQ's, topic claims, sub-topic domestic mail.

Q: What are the procedures for packages received with items that are broken?

A: Uninsured and Certified: If the parcel we receive has damaged or broken contents, there is nothing that can be done.

Insured, Express, and Registered: The sender or addressee may file a postal insurance claim. The sender or addressee needs to go to the local Post office and fill out a PS Form 1000.

For more information, go to the USPS Web site, click on receiving your mail and check out FAQ's, topic claims, sub-topic domestic mail.



Be aware of German road conditions

continued from Page 14

Germany to install winter and summer tires prior to those seasons.

If you are involved in an accident, German police will determine whether your tires are appropriate for the given road conditions.

Remember, you must have the right type tire for the road condition. All-season tires are adequate, but they are a compromise and are not the best

for driving in Germany.

The International Motor Vehicle Lighting Equipment Campaign is conducted each year in October to correct deficiencies prior to the more hazardous winter driving season.

This is the time when hours of darkness increase and winter road and weather conditions begin. German garages, AAFES Car Care Centers, and most U.S. Forces Vehicle Inspection Stations will be conducting courtesy

inspections to check vehicle lighting systems to include headlights, taillights, fog lights, and turn signals.

In addition to the lighting inspection, AAFES Car Care Centers will also inspect windshield wipers, exhaust systems, and tires.

Trip Planning

If planning a trip, you might want to carry a "Survival Kit". Getting

stuck in a traffic jam for several hours is not uncommon in Germany.

Carry extra blankets, flashlight, water, non-perishable foods, and booster cables. It could be a long wait!

Road Conditions

USAREUR has developed a standard method of classifying winter road conditions based on the weather and its effects on the driving condi-

tions.

When road conditions are less than ideal, the current condition is broadcast over the AFN Radio network and special precautions, instructions, school bus delays, facility closures, and authorized delays to work times are announced.

Calling DSN 475-ROAD or CIV 09641-83-ROAD offers the same updates for weather and road conditions.

Use these tips to settle in to new culture

continued from Page 4

can be a harrowing experience. There are things that they just do not tell you in the driver's training course. Know that you will never look at your speedometer the same again! More quick math: To convert kilometers to miles, take the kilometers, multiply by 6. Then, drop the last zero. Now you know how fast you are going.

You should also know that Germans have a, what I call, "liberal passing policy." There have been many times I have hit my brakes in order to miss a head-on collision due to someone passing. They will pass on curves, on hills, and yes, even when there is on-coming traffic. Be prepared. Before you get out on the road, memorize the Priority Road rules and who has the right of way.

Bottom line: You must be a defensive driver, but get out there and enjoy the views of the Bavarian countryside.

On that note, there is one thing you should

buy before leaving on your adventure—a GPS (navigational system). I truly believe it is the best purchase our family has made since arriving in Germany. I wish I had had one from our first week here. It is empowering - and the voice on some of them (we've named ours Sally) is good for a laugh when you're placing your faith in a machine!

Moving on to shopping - The two things you need to know about shopping in Bavaria quite simply are, don't expect shopping bags and don't expect convenient hours. There is no 24-hour Wal-Mart here. When you venture out, you will see most shoppers carrying baskets or canvas bags. That's because German stores do not offer plastic bags like American stores.

In some larger chain stores they will give you bags for free; however, don't expect it. Most stores will, instead, sell you bags for 5-15 Euro cents each. My advice is, "When in Rome, do as the Romans." Go ahead and purchase a basket or reusable canvas bags. I have two that fold up,

fit in my purse, and work great. Besides, who needs even more plastic bags to recycle!

The shopping hours are a headache for me even now. First, learn this word - "Ruhetag." Ruhetag means the day that a store is closed or "rest day." Now, don't misunderstand, the store is already going to be closed on Sunday and probably by 1400 on Saturday.

Ruhetag is an additional day during the week that they are closed. Most stores have one and I'm convinced no store in town has the same ruhetag just to keep it interesting. In addition to a ruhetag, most stores, even the chain stores, close during the midday hours and are very rarely open late in the evening.

By late, I mean past 1900. Pay attention to the "offnungszeiten" (store hours) on the door so you will know exactly when they are open. I know not being able to shop when you want to will be frustrating at first. However, my best advice is to get used to the slower pace - and enjoy it while you can.

Finally, I've shared with you some of the things to expect when settling into Bavaria in hopes that I can ease your frustration and anxiousness. Now I'll share one more thing that was completely unexpected. Two and a half years into it now, I wouldn't trade this life for anything.

Alick, Ella, and I have made more friends here than at any other duty station.

I have been more actively involved in this community than at any other. I have made more life-long connections here, all due to the willing spirit in this Army community. I encourage you to take ACS' "Welcome to Bavaria" and a German Basic Language class. And, get involved in your Family Readiness Group and your Community and Spouses' Clubs. No one made me feel more "at home" as quickly as those organizations. Embrace the unexpected, expand your horizons, and throw yourself into this new life with gusto. What you give out, you will certainly get back three-fold.

Garmisch

CATHOLIC PROGRAMS

Mass Schedule:

Saturday- 4:30 p.m. Vigil Mass
Sunday- 9 a.m.

Weekdays- 12:15 p.m. in the Blessed Sacrament Chapel.
Reconciliation- Saturdays from 3:30 - 4 p.m. and by appointment.

Religious Education/Faith Formation Schedule 2008:

Generations of Faith Family Program
Last Sunday of each month-5:00-7:30 at the Chapel (dinner provided)

MCCW

(Military Council of Catholic Women) meet on the First Friday of each month for 12:15 Mass, a short program, and fellow-

ship. Contact Debbie Winder at DSN 440-2819 or CIV 08821-750-2819 for more information.

PROTESTANT PROGRAMS

Worship:

Sunday - 10:45 a.m.

Religious Education/Faith Formation 2008:

40 Days of Community Family Program
Wednesdays February through April
6:30-8:00 at the Chapel (dinner provided)

Adult Bible Study

Sunday Mornings at 10 a.m. at the Chapel

Protestant Men of the Chapel:

Bible Study - Wednesdays at 6:30 a.m.

Protestant Women of the Chapel

Every Wednesday morning at 10 a.m. at the Chapel POC: Siobhan Smith, e-mail: s.coulliettesmith@us.army.mil.

OTHER CHAPEL PROGRAMS

Kid's Club: The Junior Disciples multi-faith reading and Video Club meets the first and third Sunday of each month at 1:00 at the Chapel.

Club Beyond: For program information, contact Eric Heckman at Heckman@mcym.org or 0171-279-6529.

For more information on Chapel programs and events, call the Chapel office at DSN 440-2819.

Chapel Points of Contact

Chaplain Assistant:
SGT Darryl Duverglas
darryl.duverglas@us.army.mil
DSN 440-2819

Catholic Priest Contractor:
Monsignor Robert Spiegel
robert.spiegel@us.army.mil
DSN 440-2736

Director of Religious Education:
Cathie Wampler
Cathie.wampler@EUR.army.mil
DSN 440-2540

Club Beyond Contractor:
Eric Heckman
Heckman@mcym.org
0171-279-6529

Hohenfels

Chaplain's Office

U.S. Army Garrison Hohenfels Chaplain, Hilltop Chapel Center, Bldg 6, DSN 466-1570

1st Battalion 4th Infantry Regiment, Chaplain Office, DSN 466-2412

Main Post Chapel, Bldg 2A, DSN 466-2226

Nainhof Chapel, Bldg 2B, DSN 466-4889

Chaplain Family Life And Youth Center, Bldg 743, DSN 466-4795

Annex/Watch Care, Bldg 2, DSN 466-3575/3576

The Religious Support Office supports four chapel congregations and multiple other Command Master Religious Programs.

CATHOLIC SERVICES

Main Post Chapel

Schedule of Masses

Monday through Friday - daily noon Mass when Catholic Chaplain is available
MPC-Blessed Sacrament Chapel

Sundays 0930 - MPC

Holy Days of Obligation 1700 - MPC

1st Friday Noon MPC - Blessed Sacrament Chapel

Sacraments

Sacrament of Reconciliation - Sundays
0845 - 0920 MPC - Blessed Sacrament Chapel

Baptisms Call for Information

Weddings Call for Information

Religious Education

CRE Sundays 1030 - 1130 at the Hilltop Chapel Center

RCIA Thursdays 1800 - 2000 at the Hilltop Chapel Center

Parish Advisory Council Monthly Meeting is first Tuesday at 1700 MPC - Classroom

Military Council of Catholic Women

Meetings - **Thursdays** 0930 - 1145 at the Hilltop Chapel Center

Rosary - **Sundays** 0905 at the MPC Classroom

1st Friday Mass and Devotion at noon - MPC-Blessed Sacrament Chapel

Eucharistic Adoration on **First Friday** 1230-1500 MPC-Blessed Sacrament Chapel

Catholic Choir Rehearsal - Thursday 1530 MPC

Call the Catholic Parish Coordinator for more information from 0830-1400 at 466-2226.

CHURCH OF GOD IN CHRIST

Main Post Chapel

Sundays

Intercessory Prayer 1100

Worship Service 1130

Children's Church 1230

Sunday School 1330

Mondays

Intercessory Prayer 1730

Praise Team/Choir Rehearsal 1830

Wednesdays

Intercessory Prayer & Bible Study

1830

Bible Study 1900

PROTESTANT

Nainhof Chapel

General Protestant Sunday 1100

Protestant Women of the Chapel

Bible Studies

Tuesdays and

Wednesdays 0915 - 1130, Hilltop Chapel Center

1800-2000, Hilltop Chapel Center
Program 1st **Wednesday** each month
Hilltop 1730 During the School Year

Religious Education

(during school year)

Adult **Sunday** School/Small Group

0930-1030, CFL&TC

Children's **Sunday** School, Christ's Commandos (C2) 0930-1030 Hilltop Chapel Center and at 1030-1200 Elementary School Multipurpose Room

ALL NATIONS

Nainhof Chapel

Where people of all Nations gather to Worship the Lord"

Sunday School 1200 Hilltop

Sunday Worship Service 1330

Thursdays

Praise Rehearsal at 1800 Main Post Chapel

Bible Study at 1900

Club Beyond: RSO Youth Ministry

Tuesdays

H2O Discipleship Group (Discipleship 101) 1730 FLAYC

Wednesdays

MUG Coffeehouse (9th-12th graders)

1700 FLAYC

Thursdays

CLUB 413 (7th-9th graders) 1 5 0 0

FLAYC

During the School Year

Bible Studies (Gender specific), Call for Time & Location

Contact the Hilltop Chapel Center for information on Mormon, Muslim and other faith services.

Muslim Services

Amberg: Mosche; Phone:09621-22101

Weiden: Mr. Ugur Abdulah, Fruhlings Str 3-5 Phone: 096129776

Nuremberg: Islamisch Centrum, Kurfursten Str. Mr. Ilhan Postalogu, Phone: 01795102838

Jewish Services

" Synagogue Amberg: 09621-12140

" Israische Kulturgemeinschaft: Mr. Gre-mann, 01728202470

" Syagogue Weiden: 0961-32794

" Synagogue Regensburg: 0941-57093

" Synagogue Nurnberg: Mr. Schuhricht: 091156250

Church Of Jesus Christ of Latter Day Saints (Mormons)

Puricellistrasse 30, Regensburg D-

93059, POC: MAJ Mike Brophy, DSN 466-

2896.

Germany's Fasching, other annual fests make living in Bavaria year-round fun

Compiled for the Bavarian News

Some consider Germany to have five seasons, the fifth being Fasching (also known as carnival). Local communities celebrate this time with many fun activities.

Countless parties, carnival balls/parties (Faschingsbälle) and carnival parades (Faschingsumzüge) take place. The participants from several clubs and carnival teams ride through the cities on colorfully decorated carnival vehicles.

Visitors in costumes just as colorful and visionary as the wagons collect provided candies until all pockets and bags are filled.

Fasching is one of the oldest traditions celebrated, not only in Germany, but in many countries throughout the world.

The carnival period begins every year on the 11th day of November at 11 minutes after 11 o'clock and is celebrated continuously with parties, festive dinners, dancers, and masquerade balls until Ash Wednesday.

It combines a number of old fertility rites and customs (like the driving out of the winter fear of coldness and sickness) that began even before Christianization.

Also people were eager to take advantage of the final days before a long period of fasting (Lent) to enjoy life once more to the fullest.

In Catholic Bavaria people call it Fasching. The word "Fasching" is likely a derivation of the Middle High German Fastschank, the last drink served before the Fast (Lent).

Historically, during Fasching the population's lower class citizens (non-royals) were allowed to wear costumes and masks and to mimic aristocracy and heads of the church and state without fear of retribution for mockery.

“The carnival period begins every year on the 11th day of November at 11 minutes after 11 o'clock and is celebrated continuously with parties, festive dinners, dancers, and masquerade balls until Ash Wednesday.”

The tidal wave of carnival revelry is particularly strong in the Rhineland since that is where it had its beginning.

Big pageants with costumed marchers and masked dancers and floats are especially colorful in the cities of Cologne, Duesseldorf, and Mainz, where it is almost a civic duty to join the fun on Shrove Tuesday.

Throughout the centuries the carnival grew bigger and better, and by Feb. 10, 1823, when Prince Carnival was crowned in the city square of Neumarkt in Cologne, it had developed into a massive celebration with great parades and city-wide revelry in many countries throughout the world.

In many cities a Prince Carnival, referred to as "His Crazy Highness" is elected to head with his princess a court of fools and lead the frolics.

On Faschingsdienstag (Fasching Tuesday) the crazy couple will move with their retinue into the "Rathaus" (City Hall) to govern until midnight when the merrymaking and foolishness comes to a sudden halt.

Due to the fact that it is a tradition that on the Thursday before Ash Wednesday the women symbolically take over

the lead (etc. town halls) and therefore are allowed to cut the men's ties, we suggest to take it good-humoredly and not to wear your most expensive tie.

Traditions vary, but two things are always present: Noise and costumes.

Carnival is celebrated everywhere. Everybody is in a good mood, a lot of fun, paper streamers, garlands, confetti, and of course a lot of beer. Fasching is the time, when people don't take things so seriously, and people are having a lot of fun. In other words, it's party time!



(At right) The city of Vilseck's annual Fasching parade, 2007. Some form of Fasching, or carnival, has been popular throughout Europe for centuries. Traditions vary, but two things are always present: Noise and costumes. (Photo by Paula Guzman)

2009 Fest Schedule

Schweinfurt

Fasching Parade on Shrove Tuesday, Feb. 24

Fishmarket - March
Auto/Freizeit/Sport (car/leisure/sport) fair (Volksfestplatz) April 2 - 5

Vogelschuss (carnival) April 17-26

Pottery Market - May
Honky Tonk Festival in Bad Kissingen - May 16

3rd International Variete Festival in Sennfeld, May 14-23

Volksfest (carnival) - June 12-22
Family Fest at the "Wildpark" An den Eichen - June

Spring fair at the "Messeplatz" - June 12 - 22

Honky Tonk Festival in Schweinfurt - July 4

Fleamarket (Volksfestplatz) - beginning July

Super Fleamarket (Volksfestplatz) - end of July

Bauerngassen Fest - July

Winefest (market square) - July

Parish fests - (various locations in Schweinfurt) - from July - September

Streetfest "Pflasterklang" Sept. 18-19
Traditional **Thanksgiving** festivities/parades in surrounding communities - September - November

Forest Christmas "Wildpark" an den Eichen in December

Christmas Market - Nov. 28 - Dec. 21

Grafenwoehr

Jan. 6: **Night of the 1,000 Lights at Pottenstein**

Jan. 9: **Fasching Party at Ebersbach**

Jan. 13: **Children Adventure Tour of**

Vilseck

Jan. 17: **Fasching Party** by Sorghof Veterans and Sports Club at Sorghof Wolfgangshheim

Jan. 18: **Wedding Gala** at Vilseck Castle Dagestein

Jan. 30: **Ladies Fasching Party** (Weiberfasching) at Sorghof Wolfgangshheim

Feb. 7: **Fasching Party** by Vilseck Loewen Club at Ratz Fatz Halle Vilseck

Feb. 14: **Ski-Haserl Fasching Party** by the Ski Club Unterweissenbach at the Multipurpose Hall Vilseck

Feb. 15: **Fasching Parade** at Amberg town center

Feb. 21: **Fasching Party** by the Vilseck Soccer Club at the Multipurpose Hall Vilseck

Feb. 22: **Fasching Parade** at Vilseck town center

Feb. 22: **Fasching Parade** at Hahnbach town center

Feb. 24: **Fasching Party** at Multipurpose Hall Vilseck

Feb. 24: **Fasching Party** at Sorghof Wolfgangshheim (behind church)

March 28-29: **Easter Bazaar and Farmers Market** at Vilseck town center

April 11-26: **Nuremberg Volksfest**

April 24: **Historical Vilseck City Tour** with live actors

April 26: **Kröglmarkt** (Pottery Market) at Amberg

April 30-May 5: **Volksfest** at Weiden

May 8-11: **German-American Volksfest** Vilseck

May 15-24: **Volksfest** at Sulzbach-Rosenberg

May 23-25: **Kirwa** at Schönwind

May 24: **Horse Blessing and Parade** at Vilseck town center

May 29-June 7: Amberg **Pfingstdult**

(Volksfest)

May 30-June 1: **Kirwa** at Axtheid-Berg (Vilseck)

June 5-7: **Rock im Park** Nuremberg

June 7: **Pool fest** at Vilseck Outdoor Pool

June 19: **Beach Party** at Vilseck Outdoor Pool

June 20-21: Amberg **Altstadtfest**

June 20-21: **Fisherfest** at Vilseck

June 26-28: **Altstadtfest** Sulzbach-Rosenberg

June 14: **Gardenfest** at Schlicht Brewery

June 27-28: **Hüttenfest** at Unterweissenbach

June 27-July 5: Amberg **Bergfest**

June 28: **Buergerfest** Weiden

July 3-5: 125th Anniversary of **Gressenwöhr Fire Department**

July 3-5: **Buergerfest** at Bayreuth

July 4-5: **Waldfest** at Schlicht

July 13: **Kirwa** in Königstein

July 18: **Salsa-Night** at Vilseck Castle Dagestein

July 18-26: Sulzbach-Rosenberg **Annabergfest**

July 25-26: Hahnbach **Marktfest**

Aug. 1-2: Vilseck **Brunnenfest**

Aug. 1-2: Königstein **Marktfest**

Aug. 4-16: 4th Sulzbach-Rosenberg **International Music Festival**

Aug 7-9: **Medieval Fest** at Amberg

Aug 9: **Badfest** at Vilseck Outdoor Pool

Aug. 8-16: Hahnbach **Bergfest**

Aug 8-17: **Volksfest** at Weiden

Aug. 15-17: **Kirwa** at Kürmreuth

Aug. 22-24: **Kirwa** at Schlicht

Aug. 22-24: **Kirwa** at Sigras

Aug. 22-24: **Kirwa** at Sulzbach

Sep. 5-7: **Kirwa** at Ebersbach

Sep. 5-7: **Kirwa** atEdelsfeld

Sep. 5-7: **Kirwa** at Rosenberg

Sep 26-Oct 4: **Volksfest** at Amberg
Oct. 24-26: **Kirwa** at Castle Dagestein in Vilseck

Ansbach

Ansbach **Spring Fest**, May 15 - 21
Thirty-second Ansbach **Altstadtfest**, June 10 - 14

Ninety year anniversary **Kultur am Schloss**, June 27

Ansbacher **Rokoko-Festspiele** (Baroque festival), July 3 - 5

Ansbacher **Kirchweih** and **Schützenfest**, July 9 - 15

Ansbach Open, July 17 - 19

Bach Week Ansbach, Aug. 31 - 9.

Second Ansbach **Theater Spectical**, Sept. 25 - 27

Ansbach **Christmas Market**, Nov. 27 - Dec. 23 (Dates may change)



(Photo by Paula Guzman)

All dates and locations are subject to change. Check with the Rathaus, or town hall, in the town where the fest is held for more information.