

# BAVARIANTIMES

News & Magazine for Grafenwoehr | Vilseck | Hohenfels

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Swimming lakes and outdoor pools  
in the Upper Palatinate

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CSM Paul Fedorisin back  
in Grafenwoehr

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5 Tips for Staying Safe  
on Your Motorcycle //Page 20



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# #1 ESCAPE ROOM IN GERMANY

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# CSM Paul Fedorisin back in Grafenwoehr



GRAFENWOEHR, Germany – Paul M. Fedorisin is the new Command Sergeant Major (CSM) of the 7th U.S. Army Training Command (7th ATC). Brig. Gen. Steven P. Carpenter handed over responsibility to him from his predecessor, CSM Mark A. Morgan. Civilian guests, soldiers from the US Army and the Bundeswehr took part in the military ceremony on the parade field in front of the water tower. With the handover of the troop flag, Carpenter formalized the change of responsibility. In his speech, Carpenter looked back on Morgan's time in Grafenwoehr and thanked him for his commitment, loyalty and friendship. Carpenter highlighted the importance and the role of the command sergeant major in the military structure.

As commanding sergeant major, the command sergeant major is the highest ranking NCO and the commander's closest advisor. In advance of the change of responsibility, CSM Morgan was awarded the Legion of Merit. Morgan's wife, Janett, was honored with the Outstanding Civilian Service Award for her service in the military community. Before his farewell words, Morgan asked for applause for the participating formations and the musicians of the USAREUR-AF band.

He thanked all soldiers, organizations and civilian partners for their great support during his three years in Grafenwoehr. Morgan is moving to a senior position with the "Security Assistance Group Ukraine" at USAREUR-AF headquarters in Wiesbaden. Paul Fedorisin, the new Command Sergeant Major, thanked everybody for the friendly welcome and emphasized that it is a privilege to be back in Bavaria. He is no stranger to Grafenwoehr.

Fedorisin began his military career in February 2000 at various locations and training centers in the United States. He was already stationed in Korea and gained operational experience in Iraq. In 2014, he served at the Joint Multinational Readiness Center in Hohenfels. After further training, he returned to the G3 department of the 7th ATC in Grafenwoehr in 2018 and then transferred to the 1st Airborne Squadron of the 91st Cavalry Regiment (1/91CAV), also stationed on Tower Barracks.

After another assignment in the USA, he now returned to Grafenwoehr. Fedorisin is married to his wife Jessica and they have two daughters. Due to his previous assignments, the family is already well connected on the installation, resulting in a reunion with many old acquaintances at the subsequent reception.

| by Gerald Morgenstern







GRAFENWOEHR, Germany – Perhaps you have already seen them this year - the white storks of Grafenwoehr. Storks herald the beginning of spring!

Each year these migratory birds fly back to Europe from their winter quarters in Africa and Spain. They cover distances of up to 10,000 kilometers.

Lately, the white storks from western Germany, including those from Bavaria, avoid the long and dangerous journey across the strait of Gibraltar and simply stay in Spain, where they find enough food on garbage dumps and in rice fields to survive the winter. Due to climate change and the increasingly mild winters, some storks no longer migrate at all. Animals from rearing or settlement programs often stay in Europe during the cold season after being released into the wild. The following spring, these winter-hardy stork pairs have a huge advantage, they can choose the best nests long before other stork competition arrives from Spain or Africa. Once they arrive, the male storks usually occupy their old nests, freshen them up and look for a partner with their clattering beaks. Stork pairs raise their offspring together.

In 2023, the storks arrived in Grafenwoehr at the end of March and made themselves at home on the roof of the Culture and Military Museum and raised two young. If the young birds make it to adulthood, they can live up to 35 years! They can weigh up to 4.5 kilograms (10 pounds) and reach a size of up to one meter (3 feet) with a wingspan of up to two meters (6.5 feet)!

In Germany, there are many myths surrounding these large birds. They are considered lucky charms and are said to bring babies. Traditionally, storks were used to help parents explain the origin of babies. This custom is still practiced today - nowadays, when a baby is born, the parents' house is often decorated with a wooden stork and washing lines.

Despite its popularity, the stork population was threatened previously, and the species was listed on the Red List of Threatened and Endangered Species. Land consolidation, land drainage, electricity pylons and a lack of nesting opportunities made life difficult for the storks. Protective measures were taken in the 1980s, allowing the population to recover. Since 2016, the white stork is no longer considered endangered and there is a good chance of observing these lucky birds in Grafenwoehr!

If you are interested in the journey of local storks – check out the following website (only in German).



| by **U.S. Army Garrison Bavaria, Directorate of Public Works, Environmental Division**

## WHITE STORKS 'BRING' THE SPRING TO BAVARIA

White storks in Grafenwoehr, Germany.



Sun – Vitamin D – Relaxing – Recreation



Mo. – Fr. 8 am – 8 pm  
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# Vilseck clinic reaches out to adjust spines, consult on health, more at Hohenfels

JOINT MULTINATIONAL READINESS CENTER, Germany – To better accommodate the Soldiers of the Hohenfels community, several health services from U.S. Army Health Clinic Vilseck are providing outreach services to Hohenfels.

Soldiers at the Joint Multinational Readiness Center now have access to chiropractic care, nutrition consulting, occupational therapy and more without the hour one-way drive to Rose Barracks.

Chiropractic care is available at U.S. Army Health Clinic Hohenfels the first and third Fridays of the month. The Armed Forces Wellness Center and occupational therapy are available the second and fourth Fridays. The physical therapy clinic, an annex building on the rear side of the main clinic, is open for normal services 10 hours a day Monday through Thursday, which allows for the visiting services to use the facility on the first through fourth Fridays.

“It works out for the patients,” said Lt. Col. Casey McKenna, the commander of U.S. Army Health Clinic Hohenfels. “All those patients who require – especially those who require occupational therapy – would have otherwise had to drive to Vilseck to get those services. So, we bring the care here to them, which is much more efficient and convenient for our patient population. It keeps them off the road and gets them back to duty.”

Maj. Danny Harris, the associate deputy commander for clinical services at Medical Activity Bavaria, said that the providers are staying busy when they visit Fridays, and furthermore, the service receives positive comments through the Interactive Customer Evaluation specifically regarding local availability.

“We have some really awesome providers who are willing to do whatever it takes to fill the mission,” Harris added.



Dr. Jon Lopez, chiropractic physician for MEDDAC-Bavaria at U.S. Army Health Clinic Vilseck, has been working in the chiropractic field 12 years, 7.5 of which were in the Army.

“It helps readiness, cuts down on profiles, so I think that benefits the active-duty community,” he said of the chiropractic care. “Pilots cannot take certain kinds of medication, so it’s nice to offer them other options to manage their pain.”

“The misconception with chiropractic care is that we are only manipulating and adjusting,” Lopez continued. “That’s what we’re known for. But there’s more to it than just that. We do prescribe exercise to help correct any muscular imbalances, to improve readiness, reduce injuries. We also do manual therapy soft tissue treatment. There are different tools that we have.”

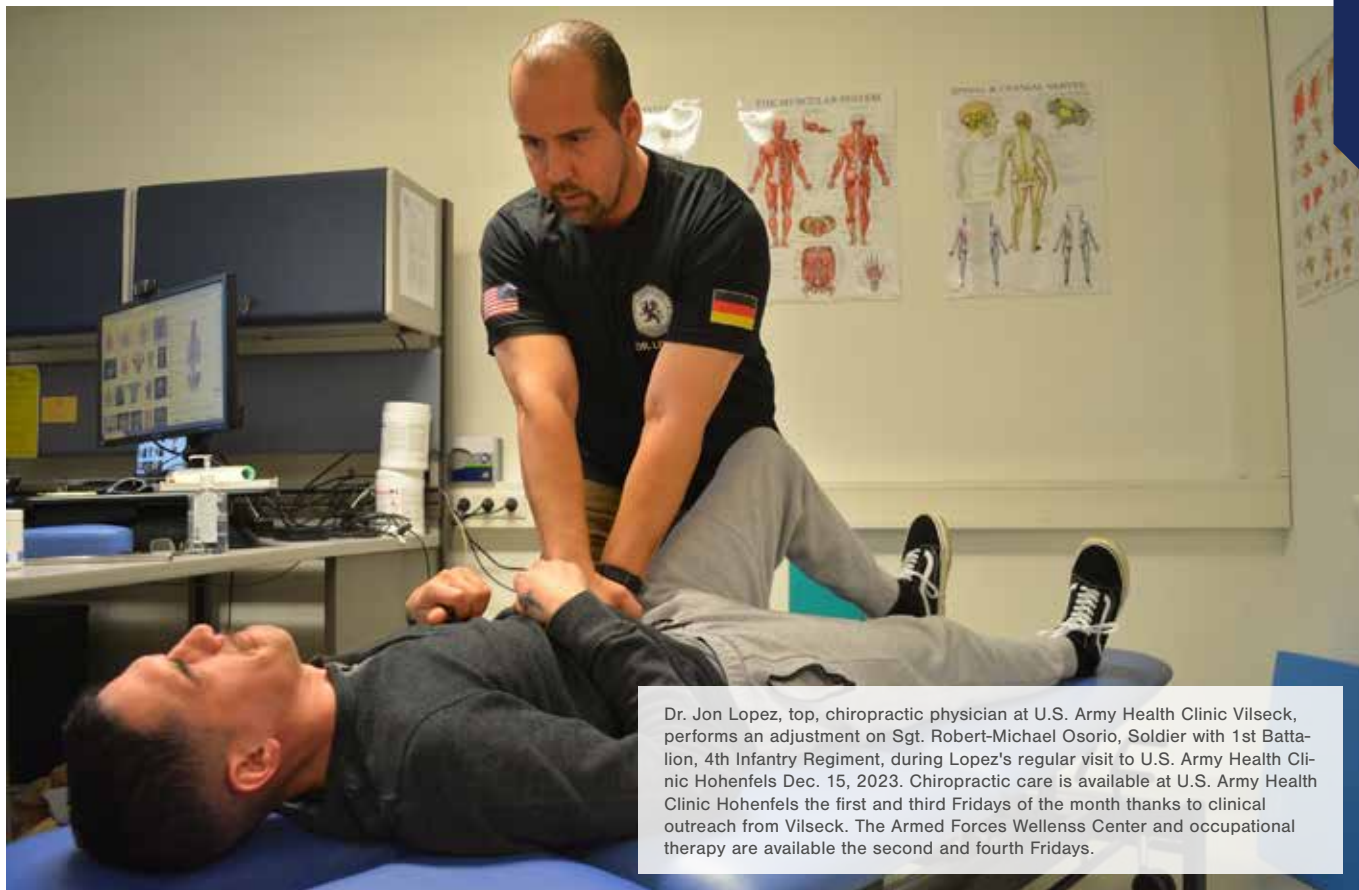
The Armed Forces Wellness Center provides community members prevention programs and services so they can live healthier.

Dr. Randall Watkins, the director of the Armed Forces Wellness Center, helps ensure that the functions of the AFWC are presented to the communities that AFWC serves.

“Not every Soldier has access to a vehicle,” said Watkins. “Sometimes public transportation is compromising. So it’s really about proximity and about being available to Soldiers so they can benefit from the services.”

Dr. Jon Lopez, top, chiropractic physician at U.S. Army Health Clinic Vilseck, explains an adjustment he is about to make to Sgt. Robert-Michael Osorio, Soldier with 1st Battalion, 4th Infantry Regiment, during Lopez’s regular visit to U.S. Army Health Clinic Hohenfels Dec. 15, 2023. Chiropractic care is available at U.S. Army Health Clinic Hohenfels the first and third Fridays of the month thanks to clinical outreach from Vilseck. The Armed Forces Wellenss Center and occupational therapy are available the second and fourth Fridays.





Dr. Jon Lopez, top, chiropractic physician at U.S. Army Health Clinic Vilseck, performs an adjustment on Sgt. Robert-Michael Osorio, Soldier with 1st Battalion, 4th Infantry Regiment, during Lopez's regular visit to U.S. Army Health Clinic Hohenfels Dec. 15, 2023. Chiropractic care is available at U.S. Army Health Clinic Hohenfels the first and third Fridays of the month thanks to clinical outreach from Vilseck. The Armed Forces Wellenss Center and occupational therapy are available the second and fourth Fridays.

"We see Hohenfels service members, Grafenwoehr, Vilseck, Garmisch, Ansbach, Illesheim, the entire Bavarian footprint," Watkins continued. "We cover a large aspect of wellness. The main focus that we have is in many communities is the weight management."

They make recommendations to their patients on what they need to do to lose, maintain or gain weight or to increase lean muscle mass. They base their recommendations on the patient's current caloric consumption, their metabolism and their physical activity. They can also assess blood-oxygen level and how patients process lactic acid.

Watkins added that AFWC addresses Family members, general schedule employees as well as service members.

Not every part of the service is available from Vilseck. The "bod pod," the white egg-shaped module users can sit in that uses air pressure to assess body composition, is not mobile enough

to travel biweekly to and from Hohenfels. "At least they can do the consultation portion and at least get some rudimentary diet and exercise advice from the Armed Forces Wellness Center," said McKenna. "And the Armed Forces Wellness Center staff can refer them to more services."

"We are always open to trying to make things more patient-centered," said Harris. "There are many services offered. If they'd like to see something else kind of rotationally out there in those areas – a need that's not being met – just let us know."

To learn more about chiropractic care, the Armed Forces Wellness Center, occupational health and other services now offered at Hohenfels, contact the clinic by visiting their website at <https://mhs-europe.tricare.mil/hohenfels>.

| by **Bryan Gatchell,**  
**USAG Bavaria Public Affairs**



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# USAG BAVARIA CHOSEN TO PILOT NEW MY ARMY POST APP

TOWER BARRACKS, Germany – U.S. Army Garrison Bavaria is among a select group of Army garrisons worldwide to participate in developing a new garrison installation app, created by Soldiers for Soldiers.

The access to relevant, timely and accurate information plays an important role in the quality of life for Soldiers and their Families. To facilitate this, the Army Software Factory, in coordination with Installation Management Command, is spearheading the creation of the new “My Army Post App.”

The app has launched at six Army installations worldwide as a pilot project. From those six installations, USAG Bavaria is the only one within Europe to participate.

“We appreciate that IMCOM selected garrisons from around the world to participate, because the app’s users will have very different needs, depending on where they are,” said Mark Heeter, Installation Management Command – Europe public affairs officer.

“Some of our overseas garrisons have literally dozens of smaller installations in their individual footprints,” Heeter continued. “And those in the U.S. Army Garrison Bavaria communities are just the right participants for the pilot. It’s a very large garrison, with varying information needs, and we’re anxious to learn from the Soldiers and their families what they’re looking for in a useful app.”

“The biggest difference between My Army Post and previous applications is that it is built by Soldiers for Soldiers,” said Maj. Benjamin Schiff, product designer with the Army Software Factory in Austin, Texas. “Our team is taking feedback directly from Soldiers, Family members, and civilians to make sure the app meets their needs.”

“

“The biggest difference between My Army Post and previous applications is that it is built by Soldiers for Soldiers,”

Maj. Benjamin Schiff

The goal of the new app is for community members to be able to quickly orient themselves to a new installation and its surrounding community with only a few clicks. To ensure the final product has the capabilities and flexibility to be an effective tool, the developers are taking direct input from Soldiers and Families.

The app will allow real-time access to relevant and community-specific information. Additionally, app users will be able to tailor their home screen based upon where they live and what services they use. App users can opt into notifications about resources they care about and not receive notifications about resources they don’t. Additionally, garrisons will be able to send important updates to their communities with personalized notifications.

“As a single Soldier without children, I don’t need to get a notification when Child and Youth Services is closed,” said Schiff. “But if I use that service, I want a push notification when it is closed. Also, having one app with all installations on it will allow Soldiers to get important information about other installations before they (permanently change station), reducing the unknowns during that stressful period.”

| by **USAG Bavaria PAO**



The end goal is an Army-wide rollout so users will be able to use this one app for all installations. A seamless experience across the entire Army by simply changing the garrison on the App setting.

"I'm excited that USAG Bavaria is representing all of Europe with this launch," said Dwayne Key, deputy to the USAG Bavaria commander. "Even though we're Europe's sole representative garrison, we're not going at it alone."

"We are talking with sister garrisons, their communities, and their staffs to learn what matters to them because every European garrison is unique in how they deliver services, geographic dispersion, and community makeup," Key continued. "With communities spanning from Brussels to Poznan to Vicenza, we really do need as much input and participation from the community as possible. The app will only be as good as we make it!"

During a one-month development phase, the selected Army installations and their community members can actively help to create and influence the development of the new app. Users will be able to provide feedback within the app.

To download the app, search "My Army Post" in the Google Play or Apple App Stores or scan the QR-code.

Even after the one-month development phase community members will have the ability to contribute to their community whenever information isn't accurate to ensure constant up-to-date information.

## DOWNLOAD THE APP



ADVERTORIAL

## SHOPS OPEN ON SUNDAY

APRIL 14, 2024  
IN THE  
ROTMAN CENTER

**Sunday shopping on April 14, 2024 from 1:00 p.m. to 6:00 p.m.** is all about mobility. In addition, visitors have the opportunity to discover the new spring and summer collections and be inspired by the current trends.

The **Rotman Center Bayreuth** and the **Jahn Dance School** invite you to an exciting dance event. In addition to shopping fun, visitors can enjoy a varied program with music and entertainment in cooperation with the Jahn Dance School. Visitors can look forward to an exciting program full of **dance performances**, hands-on activities and much more. The audience has the opportunity to get to know different dance styles from Zumba and Hip-Hop to children's dances. A special highlight will be a flash mob.

The Rotman Center is looking forward to welcoming dance enthusiasts of all ages. Take this opportunity to have a fun-filled day full of **dancing, shopping and fun**. In addition, visitors can take part in a **competition rally** and win **center vouchers worth a total of 250 euros**. This makes Sunday shopping a real experience for the whole family.



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Lt. Col. Florian Rommel (left) handed out the certificates and shooting ribbons to the US soldiers.

# SHOOTING RIBBON AND ACHIEVEMENT BADGES FOR US SOLDIERS

GRAFENWOEHR, Germany – More than 350 US soldiers took part in the shooting competition for the Bundeswehr shooting ribbon. The shooting ribbons and performance badges were awarded at the end of the year.

In the spirit of a partnership-based cooperation, the Bundeswehr Training Area Command held shooting days last year to achieve the shooting ribbon. The Bundeswehr rifle cord is a coveted badge among American soldiers. The prerequisite for the shooting ribbon is completing assessment exercises with the pistol and the German assault rifle G 36. Shooting ribbons in the bronze, silver and gold categories were awarded to the US soldiers by the German Military Representative, Lt. Col. Florian Rommel.

The successful shooters came from the US units in Grafenwoehr and Vilseck as well as from the headquarters company of the 7th US Army Training Command (7th ATC), the US Army Garrison Bavaria, the 41st Field Artillery Brigade (41st FAB), the airfield, the 2nd Cavalry Regiment and the US Training Group Ukraine.

The assessment exercises of the performance badge were administered by First Lt. Christian Schregelmann from the Military Training Area Command and Senior Ensign of the Reserve, Andre Potzler, who is also the press spokesperson for the 7th ATC.

| by **Gerald Morgenstern**



The soldiers of Headquarters Company, 7th ATC, in front of the headquarters of the training command with Lt. Col. Florian Rommel (right) and Senior Ensign of the Reserve Andre Potzler (left).



# Continued support to Ukraine is top of mind as U.S. Army Secretary visits Europe



The Honorable Christine Wormuth, U.S. Secretary of the Army, observes U.S.-led training of Ukrainians at Grafenwoehr Training Area, Germany, Feb. 15, 2024. During her visit, Wormuth received briefings and also spoke with U.S. and Ukrainian Soldiers.

GRAFENWOEHR, Germany – The Honorable Christine Wormuth, U.S. Secretary of the Army, visited Lucius D. Clay Kaserne in Wiesbaden, Germany, and Grafenwoehr Training Area in Grafenwoehr, Germany, Feb. 14 and 15, respectively, to discuss continued support to Ukraine, as well as to check on U.S. Army readiness and quality of life for soldiers and their families on the continent.

“The world is watching, both our friends and foes,” said Wormuth. “What the United States and its Army have done and continue to do to support Ukraine matters – to Ukraine, to our NATO Allies, and to the United States, because standing up for Ukrainian sovereignty strengthens deterrence against Putin’s unprovoked aggression in Europe.”

While at Lucius D. Clay Kaserne, she visited U.S. Army Europe and Africa headquarters, as well as the Security Assistance Group-Ukraine, which oversees the full-spectrum of security assistance to the Armed Forces of Ukraine. Wormuth also visited the International Donor Coordination Center, which coordinates resources – lethal and non-lethal security force assistance – from amongst the international community to enable donor countries from around the world to provide military equipment, training and aid to the Armed Forces of Ukraine.

She also spoke with commanders and staff, including Gen. Darryl A. Williams, the commander of U.S. Army Europe and Africa, and NATO’s Allied Land Command, who noted the important work of the command has far-reaching implications.

“We are a global Army,” said Williams. “While our efforts, whether its supporting Ukraine, employing the ‘3D’ [diplomacy, development, and defense] approach in Africa, or implementing NATO’s new regional defense plans, have resonance on the two continents our service component command overseas, the lessons we are capturing in regards to drones and remote maintenance, and our experimentation, have world-wide application.”

Wormuth’s interactions with USAREUR-AF, SAG-U, and the IDCC, which all support Ukraine, come as the U.S.-led Ukraine Defense Contact Group met for the 19th time, Feb. 14.

“The United States continues to stand foursquare with Ukraine,” said U.S. Secretary of Defense Lloyd J. Austin III during his opening

remarks. “And America will continue to support Ukraine’s principled fight against Putin’s imperial aggression.”

While in Wiesbaden, Wormuth also spoke with battalion command teams from a variety of units to get an update on their readiness and issues effecting quality of life for those under their care. Following an update on the state of Army-owned housing and barracks in Europe, Secretary Wormuth emphasized the Army’s commitment to increase investment in barracks and sustainment to improve the quality of living of our Soldiers and applauded the progress on the Vincenza family housing project.

At Grafenwoehr, she and Williams met with Basic Leader Course students attending the 7th Army Noncommissioned Officer Academy, U.S. Army’s oldest noncommissioned officer academy, before observing reconstitution training of a battalion from Ukraine’s 77th Airmobile Brigade.

America is one of more than 30 countries providing such training to help Ukraine.

“This is a smart investment,” said Wormuth, who noted national security begins well past America’s border. “The money the United States is spending is an investment in Ukraine’s self-defense, an investment in the strength of the NATO alliance and an investment in America’s deterrence posture in Europe.”

A consistent refrain Wormuth heard from the U.S. soldiers involved in the training is the value of the mission and the benefits to themselves and their formations.

“What these soldiers are learning, what they are experimenting with, whether it is drone technology or tactics, electronic warfare, or more, is making our Army more lethal, and better able to defend the nation – anywhere,” Wormuth added.

Before returning home, Wormuth traveled to Munich, Germany, where she, Williams, and other military will attend the 60th Munich Security Conference, a leading forum for debating the most pressing challenges to international security.

This was Wormuth’s fourth trip to the region.

| by U.S. Army Europe and Africa

# CONSTRUCTION OF THE HISTORICAL TROOP CAMP

## ARCHITECTURAL ACHIEVEMENT

The construction of the troop camp, which is popularly known as “camp” for short, can be described as a remarkable architectural achievement. The command and building officer Ernst Feder made the first draft plans. The head of the construction management of the military training area was the royal building officer Wilhelm Kemmler, and Jürgen Sievers was assigned as the construction manager. After Kemmler was transferred, Sievers became head of construction management in 1913 (until 1933). Planning, preparation and construction took place from 1907 to 1915. The location south of Grafenwoehr offered the ideal terrain where, looking ahead to the present day, expansion measures were also possible.

## AN ARMY OF CONSTRUCTION WORKERS

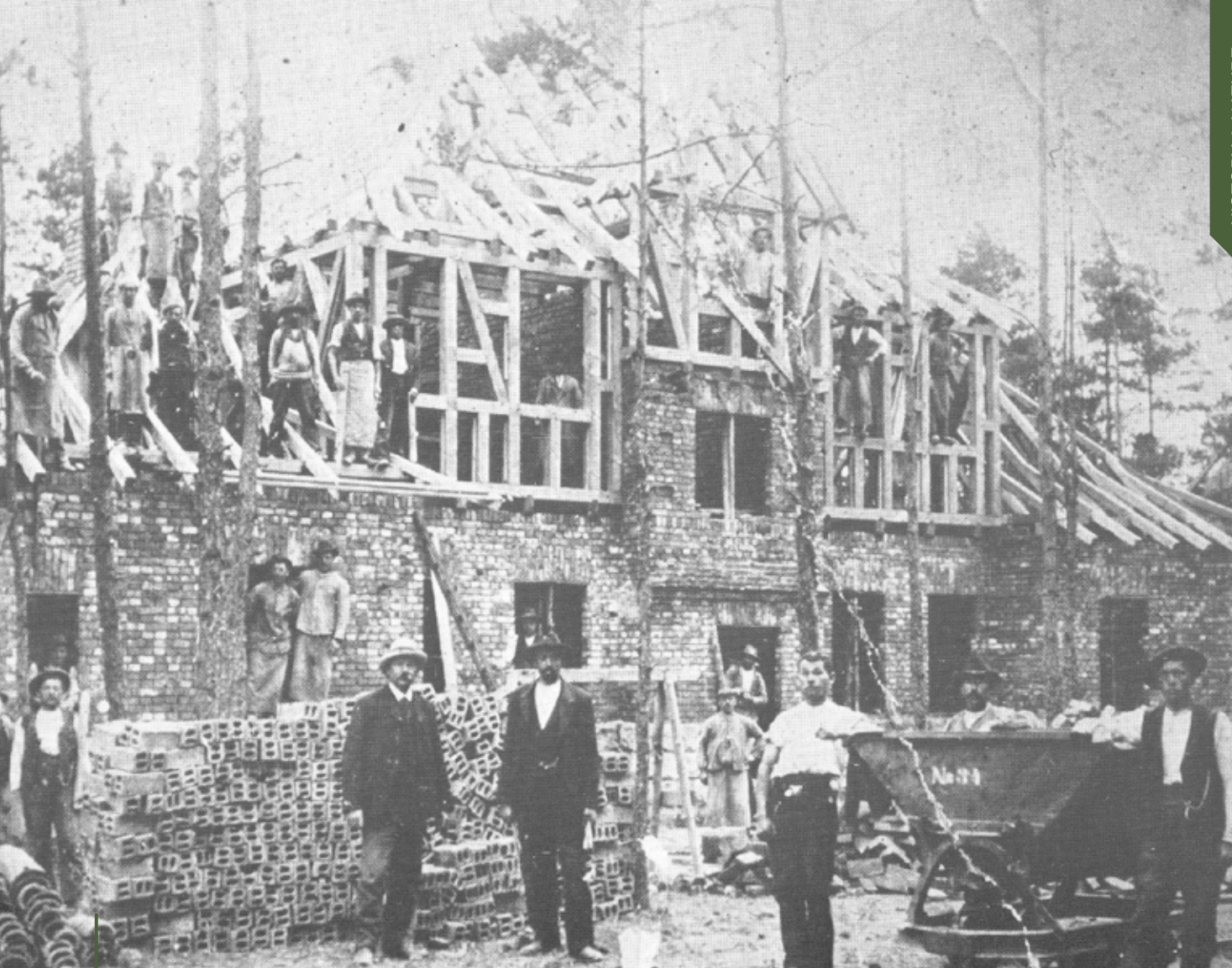
After laying the road, drainage and clearing work, the infrastructure with large roads was built, followed by the construction of the water supply, the sewerage system and the electrical supply. The camp was connected to the Weiden-Kirchentumbach railway line. An army of construction workers, including many foreign workers, moved to the small town of Grafenwoehr. The peak was in April 1910 with 1,692 men. Accommodating and caring for the workers and living together was not easy.

## HISTORY OF THE TRAINING AREA

“Grafenwoehr Training Area, Yesterday - Today” is the title of the bi-lingual book written by Reserve Sgt. Major Gerald Morgenstern. On 288 pages with more than 800 photos, it does not only tell the history of the training area since 1910 but also covers the development of the training area in recent years. One chapter also deals with accidents and their memorial stones. “Grafenwoehr Training Area, Yesterday - Today” is available in bookstores and at various sales locations on and off post. For more information, visit us on Facebook at “Grafenwoehr Training-Area Book.” The book may also be ordered by sending an e-mail to morgenstern.gerald@t-online.de.







Construction of a house in the officers' camp. Lorries on a rail system were used to transport materials.

### PRETTY HALF-TIMBERED BUILDINGS

250 buildings for a total of 8.9 million marks were built on both sides of Alte Amberger Straße. The streets divide the camp into an administrative, officer and troop area and the stable camp. The pretty half-timbered buildings, reminiscent of a Franconian style, were built on the streets in a symmetrical manner. The buildings were equipped with the most modern sanitary facilities of the time and had electricity. Together with the many parks and green spaces, the complex appeared to be all of a piece.

### MUNA AND LIGHT RAILWAY

A hospital was also built and, to the east, the ammunition factory (MUNA), where ammunition was stored and prepared for firing. In the training area, the shooting ranges, the artillery pilot school and the field railway were built. With the narrow-gauge railway, small troop detachments, their baggage, guns, ammunition, target construction teams and material could be transported within the training area. The narrow-gauge railway initially ran from Grafenwoehr to Langenbruck and was later built as a ring railway around the entire old training area. The track bed of the field railway can still be seen in many sections of the terrain today.



A postcard from 1915. The garrison's environmental department also offers guided tours of the historic troop camp.

Self-care and reflection are important to emerge stronger from difficult phases of life.

# STRENGTHEN YOUR INNER *resilience*

RELAXATION IS THE KEY TO RESILIENCE

(djd). Every person goes through difficult times at some point in their life: crises, great stress or strokes of fate such as illness and loss present us with personal challenges that have to be overcome somehow. How well you can deal with difficult circumstances depends entirely on your individual resilience. This refers to the ability to adapt to stress and difficult circumstances, to overcome them and often even to emerge stronger from them. The famous "Stehaufmännchen," The German term for a person that falls but always gets up again, is the symbol of this. According to psychologist Ursula Nuber, there are seven pillars of resilience: optimism, acceptance, solution orientation, leaving the role of victim, network orientation, taking responsibility and planning for the future.

## Promote resilience

Especially when several stress factors come together, your own resistance can decrease. As a result, sleep disorders, inner restlessness and depression can occur, as well as the feeling that you simply can't go on anymore. Then targeted self-care is important. This includes consciously taking time for yourself to reflect and organize your thoughts. You should take a break and get a feel for what you need at the moment - be it a walk, meditation or listening to music. The smartphone should also be put aside. A study by the University of Durham on the topic of relaxation shows that all 18,000 respondents from 134 countries benefited from "quality me-time." When tension is particularly high, medicinal plants can help to strengthen the nerves and calm down. For example, passionflower, oats,

## 4 tips

FOR MORE RESILIENCE

**Inner resilience can be promoted with certain rituals and behaviors:**

- Cultivate a positive mindset and see challenges as opportunities to learn and grow.
- Gratitude helps maintain hope
- Recognize and use social relationships with friends and family as a support network: The feeling of belonging gives strength and provides help.
- Consciously take time for yourself: relaxation techniques, exercise, reading, painting, singing, doing crafts or simply engage in some day-dreaming to reduce stress.

St. John's wort, mock myrtle and hops have proven successful. The tablets or drops are available from pharmacies without a prescription. They are well tolerated and can relieve internal irritability, stress and nervous exhaustion. A healthy sleep-wake rhythm is also promoted.

Photo Credit: DJD/Homeopathic Laboratory/Getty Images/Eva Katalin Kondoros



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# IT'S NOT JUST THE BODY THAT HAS TO STRUGGLE WITH DIABETES

MENTAL HEALTH PLAYS A MAJOR ROLE IN THIS METABOLIC DISEASE

(djd). Living with diabetes can be stressful not only for the body, but also for the soul. Measuring blood sugar, making doctor's appointments, planning meals, maintaining a healthy lifestyle: the metabolic disease is a 24-hour job. A corresponding number of patients therefore also suffer from psychological problems. An expert explains the causes and gives advice on how you can strengthen your mental health.

## Why are an above-average number of people with diabetes affected by psychological problems?

"The diagnosis of diabetes and the associated knowledge that you suffer from a chronic illness and have to change your lifestyle can be extremely stressful," says qualified psychologist Susanne Baulig, head of the psychodiabetology department at the Johannes Polyclinic Institute for Psychotherapy at the Gutenberg University Mainz, one reason why so many people with diabetes suffer from psychological problems. In addition, diabetes never takes a break and the therapy requires a lot of personal responsibility and self-control in everyday life, which can also have an impact on the psyche. "Another aspect is fears of possible secondary illnesses and acute crisis situations such as hypoglycemia. In addition, those affected

often suffer from feelings of guilt and shame - reinforced by the stigmatization of diabetes that still exists in our society," adds Baulig.

## Why is early detection so important and how can mental health be strengthened?

The Mainz psychologist points out that early detection of diabetes not only enables better treatment opportunities, but also ensures that those affected do not have to suffer for as long and less: "If you are struggling with your mental health, it often has a negative effect on your diabetes management because motivation suffers and you have other things on your mind. That's why it's so important that practitioners always actively ask about the mental health of people with diabetes." Diabetes, says Baulig, is not a sprint, but a marathon: "That's why it's crucial to find a good long-term balance between diabetes management and positive activities. This can include conscious time-outs to relax, walks to unwind, sporting activities or even cooking together." The exchange with other affected people is often very valuable; they can help to strengthen your mental health.

"The diagnosis of diabetes and the associated knowledge that you suffer from a chronic illness and have to change your lifestyle can be extremely stressful," explains Mainz-based psychologist Susanne Baulig.

“



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## ALLERGY SEASON BEGINS:

## GOOD TREATMENT CAN HELP

(djd). Soon the days will be warmer again and the first flowers and buds will pop out. This is often a warning signal for allergy sufferers. It usually starts with a tingling sensation in the nose and then quickly develops into violent sneezing attacks, a runny nose, tormenting itching and watery eyes. For many of those affected, the first pollen count starts a period of suffering that lasts well into fall. "It is noticeable that the season is pushed further forward due to the climate change; the early bloomers are often already active in February and trigger the typical reactions in those affected," says Linda pharmacist Dr. Benjamin Lieske from Castrop-Rauxel. Data from a German health insurance company (KKH Kaufmännische Krankenkasse) also show that the number of pollen allergy sufferers is increasing - by 11.5 percent from 2011 to 2021.

### Modern active ingredients available over the counter

In the case of hay fever, flying tree and grass pollen triggers an allergic reaction in the mucous membranes. This causes histamines to be released in the body, which in turn cause the symptoms mentioned. They can significantly reduce the quality of life. "In acute cases, I recommend an antihistamine in the form of a nasal spray or eye drops," says Lieske. For several years now, there have also been preparations containing cortisone that are available over the counter. We recommend that you seek individual advice from a qualified pharmacy. Tablets with the active ingredients cetirizine, desloratidine and bilastine can also relieve a sniffling nose and itchy eyes within 30 to 60 minutes.

### Prevent as early as possible

According to the expert, it is even better to take preventive action if possible: "So-called mast cell stabilizers with the active ingredient cromoglicic acid should be used four to six weeks before the onset of pollen and then continuously. This is more complicated, but has fewer side effects and doesn't make you tired." In general, if you have hay fever, you shouldn't hesitate for a long time, but rather treat it immediately and consistently. "If the mucous membranes are constantly irritated, there is a risk of chronic disease," explains the pharmacist. In addition, a disease progression can occur and cough and allergic asthma can develop. At this point at the latest, you should speak to a specialist about further measures such as hyposensitization. The expert also advises sealing the bedroom window with pollen filters, showering before going to bed and avoiding outdoor exercise during allergy-intensive times.

If you have hay fever,  
don't hesitate for long



# AT LEAST TWO LITERS PER DAY

## DRINKING PLENTY, ESPECIALLY WATER, CAN HELP PREVENT KIDNEY STONES

(djd). Severe cramps in the side of the abdomen, nausea, vomiting: kidney stones can be very painful. It is estimated that around five percent of adults have such stones at least once in their lives, and almost every second person affected develops kidney stones again. To prevent this, the most important thing is to drink a lot and eat a healthy diet.

### This is how kidney stones are formed

Kidney stones or a urolithiasis occur when components of the urine can no longer dissolve in the urine and form crystals that are deposited in the kidneys, the renal pelvis or the urinary tract. The kidney stones are often as small as grains of rice, so they do not cause any symptoms or are even excreted unnoticed in the urine. However, if a stone grows and moves into the renal pelvis or ureter, urinary stasis and painful renal colic occur. In Germany, around five percent of adults suffer from kidney stones, men twice as often as women and usually between the ages of 30 and 60.

### Typical disease of civilization

The frequency of kidney stones has increased steadily in western industrialized nations in recent decades - urinary stone

disease is considered a typical disease of civilization. Unhealthy eating and lifestyle habits are seen as one of the main causes: a diet high in fat and protein with high meat and sausage consumption, little fruit and vegetables, but above all too little drinking, lack of exercise, high nicotine and alcohol consumption.

### Drink plenty

Doctors therefore recommend eating a diet low in salt and fat, eating less animal protein and carbohydrates and preferring plant-based foods. And: drink a lot, at least two liters a day. "Since almost every second person who has been treated for kidney or ureter stones will form stones at least a second time, prevention plays a very important role," explains general practitioner Dr. med. Oliver Keil. "And that means, above all, drinking lots of water." The liquid helps to better dissolve and excrete the calcium or uric acid salts in the urine. This "flushes" the kidneys. According to the Drinking Water Forum, it doesn't matter what degree of hardness the water has. The proportion of calcium and magnesium ions in the water, which determines the degree of hardness, has no influence on the formation of kidney stones. British researchers recently confirmed this.



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**BRACES AND INVISALIGN**



## Public Health Command Europe offers guidance on how to stay tick-free this year



**SCAN ME!**  
**TICK-BORNE ENCEPHALITIS**  
**SIGNS AND SYMPTOMS.**

As people spend more time outdoors, so do many insects and pests. Among those are ticks, which can carry several potentially serious diseases. One of the most common is Lyme disease.

According to Public Health Command Europe officials, a person with Lyme disease may develop fever, headache, fatigue and a skin rash. This rash is sometimes referred to as a “bulls-eye” rash because it is red and circular in appearance.

In most cases, Lyme disease can be treated with antibiotics. However, if the disease is left untreated, it can worsen and cause a number of serious problems, to include, facial paralysis and pain and numbness in the hands and feet.

“Ticks can be active on winter days when the ground temperatures are above 45 degrees Fahrenheit but they are most prevalent during warmer days,” said Maj. Amanda Cline, Chief of Entomology at PHCE.

So what do you do if you find a tick on you or your pet? Cline says ticks can be safely removed with tweezers.

“The first thing to do is to make sure you remove it properly,” she said. “Forget everything you have heard about removing ticks before now. All you need is a pair of sterile tweezers and simply pull at the mouthparts, or as close to the skin as possible, in a slow steady manner. Following removal, you should apply alcohol or an antibiotic ointment.”

**Prevention is also important in protecting yourself and your family. Here are five tips to prevent tick bites:**

1. Wear long-sleeved shirts and pants when in wooded areas.
2. Wear closed shoes — no bare feet or sandals.
3. Use an insect repellent with DEET.
4. Don't walk through bushes or tall grass. Stay on marked trails, where possible.
5. After being outdoors, check for ticks. Shower and change your clothes.

Protecting yourself from ticks is important, but it is equally important not to forget about your furry family members.

“Having a pet dog or cat more than doubles the odds that humans will find a tick on themselves,” said Maj. Stephanie Kennedy, PHCE Regional Veterinary Clinical Medicine Officer and Consultant. PHCE recommends that pets be treated for ticks year round and encourages pet owners to talk with their local veterinary treatment facility to determine the best tick prevention for your pet.

“Along with tick prevention, pet owners are encouraged to check their pets for ticks daily, especially after they spend time outdoors,” Kennedy said.



**When checking your pet for ticks, don't forget to check these five common places ticks hide on dogs:**

1. Under the collar: Make sure to remove your dog's collar from time to time and inspect for ticks.
2. "Private" areas: Make sure to check in the groin area between the back legs and underneath the tail. These are popular spots for ticks to hide.
3. Inside of Ears: All the little crevices inside of an ear make it a popular spot for ticks to hang out.
4. Between Toes: Spots like between the toes are cozy and not something that's easy to see – making it a perfect place for a tick to setup camp.
5. Near the Eyelids: It can be tricky to tell, which is why around the eyes is one place ticks go unnoticed. If you're not sure, it's best to consult with your Veterinary Treatment Facility.



PHCE offers a free tick surveillance program which identifies and tests the ticks for the military and beneficiaries.

If you do find a tick on any member of your family, once removed, take the tick to your local medical treatment facility or for your furry friends, to the veterinary treatment facility. Be sure to have information on where you may have been bit and the date it was removed, so PHCE can capture the information.

Please do not send or bring ticks directly to Public Health Command Europe.

For more information on tick-borne illnesses and how to protect yourself and your family, please talk with your primary care manager or your pet's veterinarian.

| by **Michelle Thum, Regional Health Command Europe**



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## 5

TIPS FOR  
STAYING  
SAFE ON  
YOUR  
MOTOR-  
CYCLE

Motorcycles can be thrilling to ride, but operating a motorcycle safely requires skill, practice and awareness. If you have a motorcycle or are thinking about buying one, it's essential to learn to operate it safely. Here are five tips to help you do just that.

### 1) TAKE A MOTORCYCLE SAFETY COURSE.

Department of Defense regulations require you to complete a motorcycle safety course before you can register or operate your bike, on or off your installation. Check with your installation's safety office about Motorcycle Safety Foundation basic safety courses offered at your location. Ask your insurance company about any discounts you may qualify for when you successfully complete the course.

### 2) USE PROTECTIVE GEAR.

When riding a motorcycle, only your protective gear separates you from the open road – literally speaking. The right clothing and gear protects you from the elements and flying debris, while offering some protection in the event of a crash. The DoD Installation Management Agency has established minimum criteria for protective gear, but individual installations may add requirements. Check with your installation's safety office for more information. The minimum safety gear requirements include the following:

- Helmet – meeting federal impact standards and fitting properly
- Protective eyewear – shatter-proof, scratch-free goggles; if your helmet does not have a full face shield
- Protective clothing – long sleeves and long pants along with a thick jacket; preferably leather, with zippered sidevents
- Gloves – thick and full-fingered; made for motorcycle use
- Sturdy footwear – leather shoes or boots that cover the ankles, with oil-resistant soles
- Highly visible clothing – brightly colored for daytime riding and reflective at night; with reflective tape on the helmet, jacket and backs of the boots

### 3) STAY ALERT.

In nearly two thirds of motorcycle accidents, where a second vehicle is involved, the other driver is at fault. Be aware of your surroundings and drive defensively.

- Keep your eyes on the road ahead of you, checking your side and rear views frequently.
- Expect the unexpected, and be prepared to react when it happens.
- While driving, keep your headlights on so other drivers can see you.
- Use your horn, if necessary, to get the attention of other drivers.
- Keep a safe distance by allowing at least a two-second lag time between your motorcycle and the car in front of you. Depending on your speed, you may want to allow more space.
- Be aware of your blind spots, and make sure other motorists can see you in their rearview mirrors.
- Don't ride if you've been drinking or are too tired to stay alert.



# 2024 MOTORCYCLE CLASS SCHEDULE

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May 7, 2024  
June 4, 2024  
July 2, 2024  
August 6, 2024  
September 3, 2024  
October 1, 2024

Class start at 08:00; Be here by 07:45  
Location: BLDG 301, DTTS Classroom

## 4) BE PREPARED FOR BAD WEATHER.

If you're riding and the weather turns bad, be careful.

- Practice driving in windy and rainy conditions; without putting yourself, and other drivers, at risk.
- Remember, the road is the most slick when the rain first begins. As the rain continues, and washes oil from the road, conditions will be less slick; but a wet road is always less safe than a dry surface.

## 5) KEEP YOUR MOTORCYCLE TUNED UP.

Regular maintenance heads off potential problems.

- Read your owner's manual.
- Check tire pressure before riding.
- Check brake light and turn signals.
- Check the cables for kinks and stiffness.
- Keep a toolkit and the owner's manual with you when you ride.

| by **Michelle Thum**, Regional Health Command Europe

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## When there's a crash while parking

Typical minor accidents happen quickly - dents or scratches on the car often occur, especially when parking.

### Survey shows: hit-and-run after minor accidents should remain a criminal offense

(djd). Typical minor accidents happen quickly - dents and scratches on the car often occur, especially when parking. It's annoying when you don't know who is to blame and the repair costs have to be covered. But what does the legal situation look like? Is it a misdemeanor or a criminal offense if you leave the scene of an accident without causing injuries? And what do Germany's drivers think about it?

#### HIT AND RUN IS NOT A TRIVIAL OFFENSE

If you hit a car in the supermarket parking lot, German law states that you have to wait at the car until the driver of the damaged car is back. It is not enough to leave a note with contact details. This is considered a hit-and-run and is classified as a criminal offense - punishable by up to three years in prison. German Federal Justice Minister Marco Buschmann is considering classifying a hit-and-run after pure property damage no longer as a criminal offense but as an administrative offense. In this case, only a fine would be due.

#### ALMOST EVERYONE IS FAMILIAR WITH PARKING DAMAGE

According to a representative Civey survey, commissioned by DEVK insurance company, almost 60 percent of people with a driving license reject Marco Buschmann's proposal. According to the survey, around 80 percent of drivers know parking damage such as dents or scratches on their cars from their own experience - and they agree that they are annoying. More than 60 percent react angrily when they find their vehicle with minor damage and don't know who is to blame. However, only less than a quarter expect the person who caused the accident to call the police or apologize in person.

#### 70 PERCENT EXPECT CLAIMS SETTLEMENT

70 percent hope that the repair costs will be covered. This is generally paid for by the motor vehicle liability insurance of the person who caused the accident. If you have a parking collision with your own car, your full insurance will cover it. However, this can be expensive due to the subsequent upgrade of the no-claims class.

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# DANGEROUS COUNTRY ROAD



(djd). There is heated debate in Germany about the introduction of a general speed limit on Autobahns - but by far the most dangerous thing is driving on country roads. According to the German Federal Statistical Office, in 2022, 57 percent of all people killed in traffic died on country roads, 32 percent in urban accidents and "only" eleven percent on Autobahns. Risk factors such as the lack of separation from oncoming traffic, poor opportunities for overtaking or trees next to the road are cited as the main cause of the high number of victims on country roads. In fact, according to a survey, 53 percent of drivers often feel endangered by overtaking others.

## TRAFFIC ALERTS HELP YOU ADHERE TO SPEED LIMITS

So there are enough reasons to drive carefully and with foresight on country roads, not to mention it can be very expensive if you exceed the speed limit. Modern traffic alarms provide support in adhering to speed limits. "Such traffic alarms were originally intended as a 'helping hand' in traffic to avoid fines and accidents, but today they also act as an 'assistant' that helps to consistently adhere to speed limits," explains Saphe-founder Freddy Sørensen. A GPS-controlled speedometer always shows the exact current speed on a large display. The device also records the speed limits on all major roads and Autobahns in Germany and Europe. If the limit is exceeded, the device discreetly issues a warning. The traffic alarm requires a subscription, but it is inexpensive to purchase. Thanks to a subscription, you always have the latest updates and functions.

## TIPS FOR SAFE DRIVING ON COUNTRY ROADS

The German Road Safety Council (DVR) has put together important tips for safe driving on country roads.

1. If the speed is limited to less than 100 km/h, there is always a reason for this - such as at intersections, on roads with a particularly large number of curves, poor road conditions or on dirt roads that are difficult to overlook. The speed should also always be adapted to visibility, weather and traffic conditions.
2. Keep your distance, the rule of thumb is "Distance = half the speedometer reading in meters," so at 100 km/h this would be at least 50 meters.
3. Don't get distracted - your cell phone is on a break while you're driving.
4. Only overtake if you can see oncoming traffic and the entire distance you need to overtake.
5. Expect game.

You should only overtake on country roads if you can see the oncoming traffic and the entire distance you need to overtake.

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## 2024 KIA Telluride earns IIHS Top Safety Pick Plus Award

The 2024 Kia Telluride has achieved the Insurance Institute for Highway Safety's (IIHS) TOP SAFETY PICK+ (TSP+) rating, while the 2024 Sportage earned the TOP SAFETY PICK (TSP) rating. According to the IIHS, the two SUVs were deemed as "offering the highest level of protection for both vehicle and occupants and vulnerable road users."

Following the IIHS's strengthened requirements in 2023, the agency again toughened its criteria for 2024 to offer better protection for back-seat passengers and improved pedestrian crash avoidance systems. Under the new conditions, vehicles must earn a "good" rating in the side protection test, and an "acceptable" or "good" rating in a revised version of the pedestrian front crash prevention evaluation, which now comprises of a single evaluation that includes test runs in the daylight and in the dark, making nighttime performance essential for either award. Additionally, the IIHS revised its moderate front overlap test to include a second dummy behind the driver's seat and vehicles must earn an "acceptable" or "good" rating for the TSP+ rating. The original moderate overlap test still requires a "good" rating for the TSP designation.

"We fully support the IIHS's initiatives to enhance road safety and we are aligned in our commit-

ment to meet the agency's more rigorous standards," said Steve Center, COO and EVP, Kia America. "Safety remains one of our top priorities and we're dedicated to driving continuous advancements in this critical area every day as we proved with 2024 Telluride!"

The 2024 Telluride SUV continues to be a head-turner with its bold and sophisticated appearance, and spacious three-row cabin that comfortably accommodates up to eight passengers. Teeming with available technology, the Telluride offers dual 12.3-inch panoramic display screens<sup>1</sup>, Digital Key 2 Touch<sup>2</sup> and Kia's latest advanced driver assistance systems<sup>3</sup>, including Highway Driving Assist 2.0<sup>4</sup>.

The 2024 Sportage continues to deliver a diverse lineup, including the X-Pro and X-Pro Prestige trim levels which allow drivers to venture further into nature with off-road ready features including all-terrain tires. Completing the lineup are the Sportage HEV and Sportage PHEV models.

(Kia America)







## The new 2025 **BMW 4 Series** Coupe and Convertible

The BMW 4 Series Coupe and Convertible epitomize the brand's commitment to driving pleasure and elegant sporty design, embodying these values more distinctly than ever before. Equipped with advanced 2-liter 4-cylinder and 3-liter 6-cylinder TwinPower Turbo engines enhanced by 48V mild hybrid technology, they promise heightened efficiency and responsiveness. The precisely modified exterior design highlights their dynamic character and exclusive style, featuring new paint finishes, wheel designs, and upgraded headlights with laser-lit accents.

Inside, the cutting-edge cockpit design provides an ideal stage for the latest BMW iDrive with QuickSelect, based on the new BMW Operating System 8.5. Key cabin features include new steering wheel designs and interior trim elements, ensuring a premium driving experience.

Specific design cues for the BMW 4 Series include powerful front ends with slim LED headlights and vertically arranged BMW kidney grilles. The interior boasts sport seats, redesigned steering wheels, and high-quality materials, ensuring both style and comfort.

The introduction of BMW iDrive 8.5 with QuickSelect enhances operation of ventilation and climate control functions, while the standard ambient lighting adds to the interior's ambiance.

For those seeking personalization, a variety of paint finishes and wheel designs are available, along with options like the M Carbon Exterior Package for added exclusivity.

Under the hood, the new models feature powerful and efficient powertrains with 48V mild hybrid technology, offering sharper power delivery and greater efficiency. The BMW Maps navigation system now includes Augmented View for easier navigation, while connectivity is optimized with the Personal eSIM and 5G mobile standard.

Overall, the BMW 4 Series Coupe and Convertible represent a blend of performance, style, and cutting-edge technology, setting new standards in the luxury sports car segment.

(BMW USA)

Photo Credit: BMW USA (2)

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# 2024 FORD MUSTANG UPS PERSONALIZATION WITH FACTORY MATTE CLEAR FILM



Mustang customers have an all-new way to personalize their ride with the car's first-ever factory Matte Clear Film, giving Mustang a stylish satin-like finish while also protecting the car's paint.

Mustang Matte Clear Film joins other personalization options, including wheel choices, interior colors, contrasting seatbelts, factory painted brake calipers, and bold and exciting paint colors.

Matte Clear Film is available on all Mustang coupe models (EcoBoost, GT, and Dark Horse) and in all factory paint colors, with first deliveries slated to begin in June. It will be available on all Mustang convertible models in the fourth quarter of 2024.

"Mustang has been about driving freedom and freedom of expression for 60 years, and our new Matte Clear Film provides a whole new way for customers to make Mustang their own," said Laurie Transou, Mustang Chief Program Engineer.

The 2024 Mustang Matte Clear Film is a product of PPG. It's designed to withstand harsh detergents used at hand or touchless car washes, as well as road salt, bird droppings, bug splatter, and asphalt residue.

Available to order starting Feb. 27 and priced at \$5,995, this new option comes with the same 3-year/36,000-mile factory warranty that applies to all 2024 Mustang cars.

Customers who order the Mustang Matte Clear Film for the Mustang Dark Horse will not get the standard Hood Accent Stripe or be able to select the Painted Racing Stripe; Matte Clear Film is not available with the GT California Special package, or the optional graphics packages on the Mustang EcoBoost and GT.

Graphic delete will also be a standalone item on the Mustang Dark Horse for customers who prefer a more under-the-radar appearance on the most track-capable 5.0-liter Mustang ever\*.

\*With the 2024 Dark Horse Handling Package. (Ford Motor Company)





# VOLVO EX90 AND XC90 RECHARGE

## WIN PARENTS BEST FAMILY CAR AWARDS

The fully-electric Volvo EX90 and plug-in hybrid XC90 Recharge have been named Best Electric 3-row SUV and Best Hybrid SUV, respectively, in the Parents Best Family Car Award competition.

Parents' panel of expert judges, all of whom have personal experience with their own families in these or similar vehicles, evaluated over 140 models in the following areas: overall safety, including driver assist and safety technology; child passenger car seats including ease of install, space to accommodate seats in rear and third rows and third row access; power and technical specs of each model; the family friendliness of each model; 'wow' factors that will appeal to families; and the price for each model in its category.

Both the EX90 and XC90 Recharge came out on top in their respective categories.

Volvo EX90 sets the company on a decisive course towards becoming a fully electric car manufacturer by 2030. EX90 embodies the company's Scandinavian design principle of form following function, resulting in a versatile and stylish family car that seamlessly pairs cutting-edge technology with modern and elegant proportions.

The Volvo EX90 represents a new era of safety for Volvo Cars. Starting at \$76,695 MSRP, the seven-seat SUV further raises the company's standards in safety and a more sustainable lifestyle. It rides on a dedicated electric platform that eliminates

the need for luxury car buyers to decide between practicality and full electrification by offering up to 300 miles of tailpipe-emission-free driving range and the ability to charge from 10-80 percent in about 30 minutes.

An essential part of the Volvo Cars line-up, the award-winning Volvo XC90 Recharge is a proud statement of Scandinavian design, advanced engineering and spacious versatility. Starting at \$71,900 MSRP with the choice of six or seven seats, the plug-in hybrid offers up to 32 miles of pure electric range – up to 530 miles of combined range. With thoughtful engineering, natural materials and efficient powertrains, the Volvo XC90 is the ultimate Scandinavian luxury.

Consumers can learn more about the EX90 and XC90, as well as other award-winning Volvo cars, please visit [www.volvocars.com](http://www.volvocars.com).

(Volvo Car Corporation USA)



Photo Credit: Volvo Car Corporation USA

If you are interested in VOLVO, we are your partner of choice. As one of the largest Volvo dealers in Bavaria and the metropolitan areas of Munich, Regensburg and Nürnberg, we have a lot of experience!

**Our modern repair shops and our highly qualified personnel guarantee first-class, fast and reliable service and repairs.**



Mileage combined from 5,3 l/100km–10,7 l/100 km. CO<sub>2</sub>-emissions combined from 139 g/km–249 g/km (IAW VO/715/2007/EWG).

### Sales:

- New vehicle sales / VOLVO contractual partner
- Pre-owned vehicles (half a year- and one year-old, e.g. business vehicles from Volvo Car Germany)
- VOLVO Select Vehicles – premium pre-owned vehicles with extended warranty
- Inspected pre-owned vehicles with warranty
- attractive finance and leasing offers
- Trade-in of pre-owned vehicles

### Chassis and car paint:

- Chassis repairs
- Car paint work based on modern water-based paint techniques
- Small repairs of car paint damages
- NEW: Volvo-certified glass repairs

### Repairs and auto parts sales:

- Air conditioning service
- Car wash
- Car interior detailing
- Professional automotive detailing
- Electronic chassis frame measuring
- Tire service
- Car parts sales

### Volvo Zentrum Amberg

Autohaus Hofmann GmbH  
Kümmersbrucker Straße 6a, 92224 Amberg  
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[info@autohaus-hofmann.org](mailto:info@autohaus-hofmann.org)  
[www.volvo-zentrum-amberg.de](http://www.volvo-zentrum-amberg.de)  
<https://www.facebook.com/VolvoHofmann>



## "THE GENERAL" –

### SILENT MOVIE CONCERT

GRAFENWOEHR, Germany – Just how funny, imaginative and entertaining the early days of cinema were can be experienced on April 20 at 8 p.m. in the old parish church on Grafenwoehr's market square: The silent movie classic "The General" by Buster Keaton will be shown as part of a silent movie concert by the gifted pianist Stephan von Bothmer.

Von Bothmer is probably Germany's best-known silent movie pianist and accompanies movies in dozens of concerts every year. In his concert in Grafenwoehr, Bothmer interprets the movie live on the church organ in an exciting, modern and extremely humorous way. With his music, he reveals the comedy and drama, but also the touching depth of Keaton's masterpiece.

The movie is one of the most important comedies in film history and is based on a true story: locomotive driver Johnnie Gray (Buster Keaton) tries to win back his locomotive "General," which has been kidnapped by northern spies, and at the same time the heart of his sweetheart. With the most bizarre ideas, lots of slapstick, incredible stunts and an exciting cinematic realization.

Tickets are available at [www.okticket.de](http://www.okticket.de) or can be bought before the screening at the location. No German language skills are required to enjoy this evening.

| by City of Grafenwoehr



## FISHING FESTIVAL

### WITH SOW TROUGH RACES

GRAFENWOEHR, Germany – On June 29 and 30, the Grafenwoehr fishing association celebrates its fishing festival. The sow trough race on Saturday is great fun.

Traditionally, the Grafenwoehr fishing club's festival is celebrated on the festival site near the museum's Kastenhaus on the last weekend in June. It starts on Saturday, June 24, with a sow trough race on the city pond. There will certainly be some prominent guests climbing into the rickety sow troughs again.

On Sunday, the festival starts at 10 a.m. with a festive service in the fest tent. Afterwards there is a morning pint with a party. In addition to the usual festive delicacies such as steaks, bratwursts, hamburgers, cheese, pretzels, fish and salmon rolls, the various booths also offer the fishing club's specialties, such as smoked and grilled trout as well as the popular "Steckerlfisch" (fish on a stick).

In order to give visitors an insight into the diversity of the local fish world, a large fish tank will be set up. Carp, trout, pike, eels and catfish can be seen there. The band "Südwind-Buam" provides entertainment on Saturday, the Kirchenthumbach brass band plays on Sunday.

| by Renate Gradi



## Swimming fun for the whole family

Children's pool (82°F), two adventure slides, playground, diving platforms, heated outdoor pool (75°F)

## Leisure opportunities

trampoline, minigolf, billiards, volleyballbasketball, soccer, table tennis, foosball table, café and much more

City of Grafenwöhr

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Am Waldbad 2

92655 Grafenwöhr

Open May to  
September daily  
from 9am to 8pm

Bad weather days:  
5:30pm to 7pm

free parking  
free Wifi

OPENS  
MID-MAY

[www.grafenwoehr.de](http://www.grafenwoehr.de)

## SETTING UP THE MAYPOLE HERALDS THE START OF THE FESTIVAL SEASON

**The volunteer fire department of the city of Grafenwoehr invites you to the Maypole Festival on April 30**

GRAFENWOEHR, Germany – Traditionally, a maypole will be set up in Grafenwoehr again this year. The Grafenwoehr Volunteer Fire Department invites you to the Maypole Festival on Tuesday, April 30 at 6 p.m. This also starts the festival season.

The maypole will be picked up at the former post office on Alte Amberger Straße. The departure will be around 6 p.m. When the maypole arrives at the festival site at the museum's Kastenhaus, muscle power is required again to hoist the tree up. Maybe volunteers will be available again. There is also a fest from 6 p.m. Food and drinks are available. Musical entertainment will not be neglected either. The public is cordially invited to attend.

| by Renate Gradi





# Events On-Post



**Apr 15, 2024**

## **Intramural Softball Registration**

For more detailed information please contact DSN 526-1422 or DSN 476-2189.

**Apr 17, 2024, 1 p.m. - 2 p.m.**

## **Home School Art Class**

Add Arts and Craft Homeschool Classes to your weekly schedule. Students will get art class fit to their age level and skill level.

**Apr 17, 2024, 6 p.m. - 8:30 p.m.**

## **Ceramic Hand-Building Classes in April**

Get creative in this hand-building ceramics class at the Arts and Crafts Center on Rose Barracks.

**Apr 17, 2024, 3 p.m. - 4 p.m.**

## **Financial Readiness Classes in April**

In celebration of National Financial Capability Month, join us for our Financial Readiness Classes in April.

**Apr 18, 2024, 11 a.m. - 12 p.m.**

## **Milestone Training: PCS**

A workshop outlining how to create a budget, emergency fund and manage your debt and credit during a move.

**Apr 18, 2024, 12:30 p.m.**

## **UTAP Info Briefing**

Living in private rental? Learn everything you need to know!

**Apr 22, 2024, 9 a.m. - Apr 23, 2024, 3 p.m.**

## **Hallo USAG BAVARIA - Newcomer's Orientation**

Newcomer's Orientation, where you'll discover everything you need to navigate your new surroundings with confidence and ease!

**Apr 23, 2024, 9:30 a.m. - 10:30 a.m.**

## **Advocating for your child during school transition**

Empower yourself with essential skills in advocating for your child during school transitions at our workshop!

**May 2, 2024, 11:30 a.m. - 12:30 p.m.**

## **German Storytime**

Come and join us at the library for an enchanting Storytime in German. Immerse yourself in the magic of German storytelling, where each page unfolds into an adventure!

**March 25 - May 17, 2024**

## **Spring into Summer**

Get ready for Summer, join us for this 8-week program and get your body and mind stronger!



Further information  
and events are online  
on the MWR website.  
For easy access,  
scan the QR-Code.



## NORDGAUTAG – BAVARIAN CULTURE FESTIVAL IN GRAFENWOEHR

The city of Grafenwoehr invites you to the “Kulturfest der Oberpfälzer - 44. Bayerischer Nordgautag” (Upper Palatine Culture Festival – 44th Bavarian Nordgautag), a major culture festival celebrating regional culture, traditions and heritage from June 20 to June 23. The festival is held every two years in a different city and brings thousands of visitors to town. Since Grafenwoehr represents the long and close friendship between Bavarians and the many Americans living in and around town, American culture will also be represented and celebrated at this year's festival. The motto will be: “Oberpfalz meets America – Home away from Home.” Look forward to a fantastic opening concert by the USAREUR-AF band, a big beer fest, art shows, presentations, tours, theatre, music shows and much more. The heart of the festival is the big parade on Sunday when 2,000 participants will march through Grafenwoehr in their traditional outfits, playing music and performing dances.

Be ready to experience four days of culture, new impressions, all kinds of encounters and a lot of fun. Four days in which you will get to know Bavaria and its people like never before. All events with the exception of some guided tours will be free and most also don't require any German language skills.



The full program can be found at  
[www.grafenwoehr.de](http://www.grafenwoehr.de).

| by City of Grafenwoehr

MUSIC • ART • LITERATURE • LECTURES • THEATRE • BIG PARADE

## 44. BAYERISCHER NORDGAUTAG DAS KULTURFEST DER OBERPFÄLZER Oberpfalz meets America – Home away from Home



**June 20 - 23, 2024**  
**GRAFENWÖHR**



## GERMANY'S FIRST AND UNIQUE FOOD TRUCK FESTIVAL WILL BE BACK ON TOUR IN SCHWANDORF & WEIDEN IN 2024!

The Original Food Truck Festival is already entering its 11th season. We have already been able to inspire an incredible 3.16 million visitors at over 280 events in the last 10 years.

At the food truck festivals, you can meet food cultures from all over the world and discover new dishes with small tasting portions and embark on a culinary journey. A live stage with various artists and live bands as well as an extensive children's program, a cocktail bar and other attractions make this event unique. Colorful LED lights, beautifully decorated grounds, street performers and plenty of seating make the event an experience. Variety and new taste experiences are guaranteed. Whether the sun is shining or it's raining, weather-protected areas are always available and ensure a cozy get-together.

### OPENING HOURS

Fridays, 4 p.m. - 10 p.m.  
Saturdays, 11 a.m. - 10 p.m.  
Sundays, 11 a.m. - 7 p.m.

### FOOD TRUCKS

Our delicious line-up includes vegetarian, vegan and gluten-free food in addition to meat products.



### LIVE STAGE

This year we will be providing you with live DJs and various regional bands and solo artists! Over 20 hours of live entertainment

### FAMILY DAY

Of course, families can also experience a lot beyond the delicacies. Children can let off steam on the bouncy castle or trampolines. For big kids, we offer face painting, and henna tattoos are available not only for the little ones, but also for adults. Small surprises are of course included.

A weekend for the whole family.

### NOTES

- Dogs are allowed if they are kept on a lead. There is also a Food Truck Festival drinking station with fresh water for them
- Own food and drinks are not allowed at the festival
- Parking may be subject to a charge in the surrounding parking lots and buildings.



**SCHWANDORF**  
**STADTPARK**  
**JULY 5th-7th**

**WEIDEN**  
**FESTPLATZ**  
**JULY 12th-14th**

**FRI 4PM-10PM || SAT 11AM-10PM || SUN 11AM-7PM**  
**20 REGIONAL & INTERNATIONAL FOOD TRUCKS**  
**LIVE STAGE W/ DJs, BANDS & ARTISTS**  
**BEERGARDEN, CHILDREN'S MAKE-UP, HENNA TATTOOS UVM.**





## GREAT ATTRACTIONS AT THE LARGEST FOLK FESTIVAL IN THE UPPER PALATINATE



### THE MAIDULT FEST INVITES YOU TO REGENSBURG FROM MAY 9 TO 26

**Three festival tents, two fish tents, a beer village and around 100 other attractions - these are the two Regensburg Dult fests in May and in the fall. From May 9 to 26, the city of Regensburg organizes the largest folk festival in the Upper Palatinate. All program and site information can be found on the Internet at [www.r-dult.com](http://www.r-dult.com).**

For a total of 18 days, the Dultplatz on the Protzenweiher between the Danube and the canal presents itself to visitors in a very colorful way. On the one hand, there is the amusement dult with its tents, rides, amusement booths such as throwing, shooting and spicker booths as well as numerous candies traders, and on the other hand, the goods dult, which invites visitors from all generations to stroll and shop. From socks to pans, traditional clothes to shaving brushes, everything that makes everyday life easier is concentrated in one place.

And with this ease, you can then immerse yourself in the colorful hustle and bustle of the shopping streets. In addition to the wide range of attractions, there are special days during the Dult for senior citizens (always on Mondays), for families and children (always on Wednesdays) and - very popular - the "Girls' Night," on which ladies of all ages can try out the rides

at a reduced price and are treated to other discounted offers throughout the Dultplatz. Girls' Night is always on the second Thursday of the Dult.

There is good news to report about the variety of beers. Festival beers and beer specialties from Regensburg's three foundation breweries are offered. As far as the food is concerned, everyone can choose according to taste and budget. Apart from the classics such as chicken, knuckle of pork, pretzels and bratwurst, there are also vegetarian dishes, burgers and salads - not to mention the fish on offer, which is a special feature among Bavarian folk festivals.

Visually, the Regensburger Dult is characterized by the Ferris wheel and the two large festival tents - Hahn and Glöckl - which can be seen from afar. There will be a special highlight on Friday, May 17, at 10 p.m.: with the certified and themed high-altitude fireworks display, the organizers not only captivate the people on the fest grounds, but also the city and the surrounding area. With special program items such as Dult church services, several charity events and a backstage tour behind the scenes of the fairground companies, the Dult can easily inspire three generations to visit the Dult together.



# BUCKET LIST FOR EUROPE & GERMANY

Living in Europe provides amazing opportunities for the best vacations. Figuring out where to go over the holiday season can be overwhelming with so much to see and do. If you're looking to get away, Stay in an igloo in here are some bucket-list worthy items to consider:



1

## LAKE GARDA

Lake Garda, Italy's largest lake, impresses with a breathtaking landscape of mountains, villages and olive groves. Activities such as sailing, hiking and exploring the culinary diversity offer unforgettable experiences in this picturesque region.



2

## SWIMMING IN TURKEY'S ROCK POOLS

Pamukkale in Turkey enchants with its hot thermal pools that flow over the limestone terraces. These natural pools not only provide a picturesque backdrop, but also have healing properties. In addition to the pools, visitors can explore the ancient city of Hierapolis. Pamukkale is a unique destination that combines nature and history.



3

## A VILLA STAY IN POSITANO

A getaway in Positano offers a picturesque backdrop of narrow streets, pastel-colored houses and breathtaking views of the Mediterranean. During the day you can explore hidden coves and enjoy the crystal clear waters, while in the evening the lively atmosphere of the restaurants and bars completes the dolce vita. And despite staying just a short time, the memories of Positano remain in the heart forever.

## #CULTURALTIPS



4

## A ROAD TRIP THROUGH IRELAND

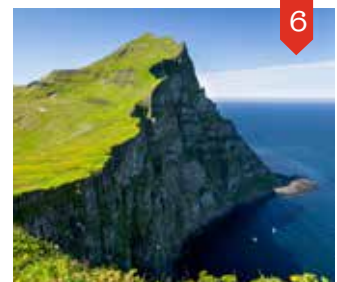
Traveling through Ireland offers an unforgettable experience full of picturesque landscapes, cultural discoveries and warm encounters. Starting in Dublin, the road trip takes you through the Ring of Kerry, Connemara and the Cliffs of Moher before ending in Galway. Along the way, traditional pubs, historic sites and the rugged beauty of the Irish coast offer unforgettable experiences.



5

## EXPLORING NORWAY

The journey through Norway was an unforgettable adventure through breathtaking landscapes. From Oslo along the scenic coastal roads to the majestic fjords, we experienced a variety of highlights. The experience of the midnight sun in the Arctic region was particularly impressive. Norway has stimulated our senses and enriched us with unforgettable moments.



6

## VISITING ICELAND'S WESTFJORDS

The journey through the Westfjords of Iceland was breathtaking. I discovered remote fishing villages, untouched nature and spectacular bird cliffs. The landscape was impressive, the food was delicious and the encounters with locals were enriching. It was an unforgettable trip that touched me deeply and inspired me to return one day.



## WOMEN'S SHOES



| US     | DE | UK     | FEET LENGTH |
|--------|----|--------|-------------|
| 2-2½   | 32 | 0-0½   | 7,9-8,1     |
| 3      | 33 | 1      | 8,1-8,4     |
| 3½-4   | 34 | 1½-2   | 8,4-8,7     |
| 4½-5   | 35 | 2½     | 8,7-8,9     |
| 5-5½   | 36 | 3-3½   | 8,9-9,2     |
| 6-6½   | 37 | 4-4½   | 9,2-9,4     |
| 7      | 38 | 4½-5   | 9,4-9,7     |
| 7½-8   | 39 | 5½-6   | 9,7-10      |
| 8½     | 40 | 6½     | 10-10,2     |
| 9-9½   | 41 | 7-7½   | 10,2-10,5   |
| 10-10½ | 42 | 8-8½   | 10,5-10,7   |
| 10½-11 | 43 | 8½-9   | 10,7-11     |
| 11½-12 | 44 | 9½-10  | 11-11,3     |
| 12½    | 45 | 10½    | 11,3-11,5   |
| 13-13½ | 46 | 11-11½ | 11,5-11,8   |
| 14-14½ | 47 | 12     | 11,8-12,1   |



## DRESSES

## SHIRTS / PANTS

| US       | EU | UK | IT | FR |
|----------|----|----|----|----|
| 8 (S)    | 36 | 10 | 40 | 38 |
| 10 (M)   | 38 | 12 | 42 | 40 |
| 12 (L)   | 40 | 14 | 44 | 42 |
| 14 (XL)  | 42 | 16 | 46 | 44 |
| 16 (XXL) | 44 | 18 | 48 | 46 |
| 18 (3XL) | 46 | 20 | 50 | 48 |
| 20 (4XL) | 48 | 22 | 52 | 50 |
| 22 (5XL) | 50 | 24 | 54 | 52 |
| 24 (6XL) | 52 | 26 | 56 | 54 |
| 26 (7XL) | 54 | 28 | 58 | 56 |

## SUITS / COATS

## PANTS

| US  | EU |
|-----|----|
| XXS | 40 |
| XS  | 42 |
| XS  | 44 |
| S   | 46 |
| M   | 48 |
| L   | 50 |
| L   | 52 |
| XL  | 54 |
| XL  | 56 |
| XXL | 58 |
| XXL | 60 |
| 3XL | 62 |
| 3XL | 64 |
| 4XL | 66 |
| 5XL | 68 |
| 5XL | 70 |
| 6XL | 72 |
| 6XL | 74 |
| 6XL | 76 |
| 6XL | 78 |

| INCH  | DE |
|-------|----|
| 28/32 | 40 |
| 29/32 | 42 |
| 30/32 | 44 |
| 32/32 | 46 |
| 33/32 | 48 |
| 34/32 | 50 |
| 36/32 | 52 |
| 38/32 | 54 |
| 40/32 | 56 |
| 42/32 | 58 |
| 44/32 | 60 |
| 46/32 | 62 |
| 48/32 | 64 |
| 50/32 | 66 |
| 52/32 | 68 |
| 54/32 | 70 |
| 56/32 | 72 |
| 58/32 | 74 |
| 60/32 | 76 |
| 62/32 | 78 |



## MEN'S SHOES

| US     | DE | UK     | FEET LENGTH |
|--------|----|--------|-------------|
| 1-1½   | 32 | 0-0½   | 7,9-8,1     |
| 2      | 33 | 1      | 8,1-8,4     |
| 2½-3   | 34 | 1½-2   | 8,4-8,7     |
| 3½     | 35 | 2½     | 8,7-8,9     |
| 4-4½   | 36 | 3-3½   | 8,9-9,2     |
| 5-5½   | 37 | 4-4½   | 9,2-9,4     |
| 6      | 38 | 4½-5   | 9,4-9,7     |
| 6½-7   | 39 | 5½-6   | 9,7-10      |
| 7½     | 40 | 6½     | 10-10,2     |
| 8-8½   | 41 | 7-7½   | 10,2-10,5   |
| 9-9½   | 42 | 8-8½   | 10,5-10,7   |
| 9½-10  | 43 | 8½-9   | 10,7-11     |
| 10½-11 | 44 | 9½-10  | 11-11,3     |
| 11½    | 45 | 10½    | 11,3-11,5   |
| 12-12½ | 46 | 11-11½ | 11,5-11,8   |

# MAY DAY AND MAYPOLES IN GERMAN-SPEAKING EUROPE

## THE MAYPOLE

In Germany and Europe, May is not only the first month in which people can spend time outdoors again, but also a month with many traditions. It all begins on the eve of May Day, on Walpurgis Night, the night from April 30th to May 1st. On this night, the arrival of spring is welcomed with bonfires and other customs and winter is bid farewell in many parts of Germany and Northern Europe.

The next day, May 1st, is Labor Day in most parts of the world, with the United States being one of the few exceptions. In Berlin, May 1st is a day of protests and riots and cannot be compared to May 1st in Bavaria and most other parts of Germany. But the rest of May is a time of cherry blossoms, maypoles and other customs in most German-speaking countries in Europe.

As usual, the Romans did it first. The Festival of Floralia in honor of Flora, the goddess of flowering plants, took place from April 28th to May 3rd and symbolized the spring renewal of the life cycle. During the six-day festival, men were decorated with flowers and women were colorfully dressed, displaying behaviors and clothing (or lack thereof) that were normally forbidden. There was a lot of singing, dancing, eating and drinking. About a month later, on May 23rd, it was time to celebrate Flora again - with the Rose Festival. Flora's twin sister, Fauna, was the goddess of animals and wildlife, from which the English expression "flora and fauna" originates.

## "EVERYTHING IS NEW IN MAY"

"May makes everything new," as the saying goes. The first day of the month is more than just a day off. It is a real beginning in many ways: the new maypole is put up (or the old one is refreshed), the first Maibock beer is served, the cherry blossoms and lilies of the valley are in full bloom, and lovers can reveal their secret crush in a unique way (more on that below). But the most important part of the Germanic May customs is the maypole. You could say that everything revolves around the maypole. Let's take a closer look.



In Bavaria, according to Bavarian traditions, the maypole is decorated with a corded (painted) trunk, featuring a spiral turning from bottom left to top right. The Bavarian diamonds, which represent the white and blue sky, serve as the template.

## GERMANIC MAYPOLE CUSTOMS

Most people have seen a maypole, either real or on photos. But few know the interesting rituals and requirements associated with a real maypole. Let's examine the how, what, where and why of the Maypole.

## THE ORIGINS OF THE MAYPOLE

Today's maypole, a tall tree trunk with a green top and a "crown" near the top, dates back to the 16th century in Northern Europe. It is difficult to pinpoint a specific date and location, but the Maypole tradition appears to be a mix of pagan and Christian rituals associated with the arrival of spring and the departure of winter. Most maypole historians doubt the popular claim that the maypole is a fertility symbol. This is certainly not part of today's maypole tradition.

## WHAT IS A MAYPOLE?

In German, a Maibaum is a "Maibaum" (the Maypole). Every maypole begins with a tree - but not with just any tree. Someone has to find the right tree, cut it down, and then make it into a maypole. In Bavaria and other parts of southern Germany, there is a so-called Burschenverein, a group of young men who form something like a local 4-H club (USA) or a Young Farmers' Club (UK) in most communities. Each locality has its own rules and traditions that have developed regarding the maypole since the 19th century.



A week or two before May 1st, the members of the boys' club go into the forest to find a suitable pine or spruce that is strong and straight, usually 20 to 25 meters long. Taller, permanent poles can reach heights of 56 meters. The selected tree must be trimmed, smoothed and painted before it is ceremonially displayed in a prominent location, usually in the city or market square. The maypole is put up by manpower. Here, too, it is the members of the boys' club who use ropes and wooden poles to place the maypole in the ground and raise it up. For safety and other reasons, larger cities use tractors and cranes, but purists call that cheating.

Before it is put up on May Day, the pole must be painted in local or regional colors and patterns. In Bavaria this means a blue and white spiral (the colors of the Bavarian flag) rotating from bottom to top from left to right. In Franconia the mast is striped in red and white (the colors of Franconia). In many smaller communities, the maypole is left bare. At the top of the pole, a circular "crown" with garlands hangs from tethers. More unusual maypoles are also decorated with the symbols of local guilds and clubs on horizontal metal or wooden poles. In most cases, there is a parade and some sort of ceremony on May Day to honor the new maypole. A May Queen can also be elected for this occasion.

## STEALING THE MAYPOLE

An important part of the maypole tradition is so-called maypole stealing. Everyone involved assumes that one village will try to steal another village's maypole. In fact, stealing a maypole is such an integral part of the maypole ritual that there are rules for stealing a maypole! Most towns have volunteer guards to

protect the local maypole, which incidentally can only be stolen BEFORE it is sunk into the ground and put up. Some communities even use video surveillance to prevent thefts. As soon as a maypole has been stolen, a ransom demand is not only expected, but also demanded.

## HONOR AMONG THIEVES

There are very specific rules about when and how a maypole should be stolen - and even who can steal a maypole. Only those who have set up their own maypole are allowed to steal that of a neighboring village. Stealing your own village's maypole is a taboo. Originally, a maypole could only be stolen on Walpurgis Night, on the eve of May Day. Nowadays, however, the maypole is usually felled and put up much earlier, so this rule no longer applies.

The theft of a maypole is a type of elaborate prank in which each village vies for the honor of committing an "impossible" theft. One of the most notorious thefts was that of the maypole on Germany's highest peak, the Zugspitze (2,600 m above sea level). In 2004, the 20 meter high Zugspitz maypole was stolen for the second time since it was first stolen in 1996. The 2004 theft was not a simple prank, as the tree, advertised as the "tallest maypole in the world," was raised by helicopter. However, this stunt was carried out with the help of the German-French television channel ARTE. As with all maypole thefts, a ransom was demanded for the return of the Zugspitz maypole, but not the usual beer and snacks. Reports vary, but the demands included a range of season passes for ski lifts and restaurant dining.

| by Editor



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# SWIMMING LAKES AND OUTDOOR POOLS IN THE UPPER PALATINATE



In the Upper Palatinate Forest, numerous bathing lakes and ponds invite you to have family-friendly bathing fun. From quiet bathing bays to lively leisure beaches, the region offers a variety of opportunities to have fun in the cool water. Following is a selection of the most beautiful swimming lakes, but there are many other lakes nearby. Dive in and enjoy a refreshing dip into the nature of the Upper Palatinate Forest!

## STEINBERGER LAKE

Lake Steinberger, the largest lake in Eastern Bavaria with an area of 184 hectares, offers a wide range of leisure activities for young and old. In addition to swimming and sunbathing on sandy and pebble beaches or in idyllic bays, visitors can also enjoy water sports such as diving, sailing, surfing and water skiing. The Movin"G"round youth and leisure park on the lakeshore offers additional fun with trampolines, climbing walls, water slides and more. The best place to swim is on the eastern shore of the lake, with a large lawn between the water rescue building and the Seetreff Müller boat rental shop.

Admission: free, free parking

Address: Steinberger See, 92449 Steinberg am See

Phone: +49 9431 / 74360, Internet [www.steinbergamsee.de](http://www.steinbergamsee.de)

## MURNER LAKE

With its size of around 90 hectares, the Murner Lake in the Upper Palatinate Lake District offers a perfect vacation atmosphere. As part of a water sports El Dorado next to the Brückelsee, it is a popular attraction for swimming and water sports enthusiasts. In addition to swimming and surfing, the lake offers a large sandy beach, natural swimming bays, sunbathing areas, beach volleyball fields, a children's playground and various events in the Theatron. A Mediterranean restaurant with a sun terrace, a kiosk, sanitary facilities and changing rooms ensure comfort. An ADAC-award-winning campsite directly on the lake and a variety of leisure activities such as golf, go-karting and a model airfield nearby complete the offering. The adjacent nature reserve and landscape protection area also offer peace and relaxation for visitors.

Admission: free, parking is subject to a charge

Address: Sonnenrieder Str., 92442 Wackersdorf

Phone: +49 9431 / 74360, Internet [www.wackersdorf.de](http://www.wackersdorf.de)

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Böttgerstr., 92690 Pressath

📍 Freizeitsee Dießfurt  
Zwischen Grafenwöhr und Dießfurt

📍 Freibad Erbdorf  
Stadtbadstr. 20, 92681 Erbdorf

📍 Freibad Schätzlerbad in Weiden i.d.OPf.  
Merklmooslohe 30, 92637 Weiden i.d.OPf.

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Raiffeisenstr. 5-7, 92637 Weiden i.d.OPf.

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Gabellohe 21a, 95505 Immenreuth

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Neustädter Str. 81, 92670 Windischeschenbach

📍 Freibad Auerbach in der Oberpfalz  
Cherrystr., 91275 Auerbach in der Oberpfalz

📍 Freibad Friedenfels  
Badstr. 15, 95688 Friedenfels

📍 Freibad Cabriosol Pegnitz  
Badstr. 4, 91257 Pegnitz

📍 Lohengrin Therme Bayreuth  
Kurpromenade 5, 95448 Bayreuth



LAKE  
STEINBERG





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Oberschwaig 7, 92237 Sulzbach-Rosenberg
- 📍 Freibad Freudenberg  
Badstr., 92272 Freudenberg (Oberpfalz)
- 📍 Freizeitbad Kurfürstenbad Amberg  
Kurfürstenring 2, 92224 Amberg
- 📍 Freibad Hockermühlbad  
Hockermühlstr. 34, 92224 Amberg
- 📍 Freibad Etzelwang  
Nürnberger Str., 92268 Etzelwang
- 📍 Steinberger See  
92449 Steinberg am See
- 📍 Freizeitbad Fackelmann Therme / Strudelbad  
Badstr. 16, 91217 Hersbruck

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## 10 TIPS FOR SAFE SWIMMING

The new bathing season is just around the corner. And with it, unfortunately, a new season of swimming accidents: carelessness, arrogance, overestimation of one's capabilities and alcohol are the most common causes for the tragic end of a day of swimming. There have also been serious and fatal swimming accidents in the regions around the military training areas in recent years.

Many fatal swimming accidents can be avoided if a few important rules are followed:

1. I only go swimming when I feel well.
2. If I experience problems in the water I call out for help loudly and wave my arms. I help others if they have problems in the water. I never call Help, when everything is fine.
3. I don't go into the water hungry nor immediately after eating.
4. I only swim where it is permitted. I only dive into the water where the water is deep and unobstructed.
5. Swimming aids, swimming toys and air mattresses are not safe and do not protect me from drowning.
6. I go swimming only if there is someone who can help me in the event that I experience problems.
7. I tell someone when I go into the water.
8. I cool myself down before going into the water.
9. I am considerate! I don't run, I don't shove, and I don't push anyone under the water.
10. When I swim outdoors, I leave the water immediately if there is lightning, thunder, or if it is raining hard. Swimming during a thunderstorm is dangerous to life.

## WHAT YOU NEED TO KNOW ABOUT UNGUARDED SWIMMING LAKES AND RIVERS

Most fatal accidents occur on unguarded lakes and rivers. The risk of drowning there is many times higher than at bathing areas guarded by lifeguards or in swimming pools. Rivers can have strong currents, especially after rainfall or near dams. It's important to watch the current and not swim too far out if you can't judge the current.

- First: At your own risk.
- Second: Not after heavy rain.
- Third: Not where there is a strong current.
- Fourth, find out if there is a sewage treatment plant upstream.
- Fifth: Find out whether there is any data available on the Internet or at the local health or environmental office.



Pay attention to prohibition signs at the swimming lake: They warn of dangers, provide information about rules and protect the environment. Ignoring them can cause accidents and damage nature. Respect them keeps you safe and protects the environment.

# Public Transport in Germany



## Scan me

To read the first part of the “Public Transport in Germany” series, simply scan this QR code to go to the digital edition of the Bavarian Times.

**Public transport in Germany and Europe is generally excellent. It is very practical to live in a major German city or metropolitan area without owning a car. Even medium-sized cities have a good public transport network with buses, trams and commuter trains to transport people.**

### Where you can buy a ticket

Most people buy a ticket from a ticket machine, but in Berlin and some other cities you can also buy a regular ticket, a season ticket or a special ticket from a ticket office during normal business hours. “There are customer centers in larger train stations and in the BVG headquarters on Holzmarktstrasse.” Tickets are also available online and via a smartphone app. As a rule, you need to know which zone(s) you are traveling in. You can find out more about the zones and special tickets below.

## The ticket validator - validation of your ticket

It is important to know that just having a ticket is not enough. Your ticket must be validated either before boarding the train (at machines at the station entrance or on the platform) or immediately after boarding a bus or tram (at machines in the aisle). The ticket validator stamps your ticket with a code for the date and time. A ticket without a validator's stamp is not a valid ticket.

Practices vary in Europe, but in Germany you can usually buy a ticket from the bus driver when you get on (cash only, exact change), or you can use the ticket machine on the tram. (Some Swiss cities require you to have a ticket before boarding a bus or tram.)

If you already have a valid ticket, show it to the bus driver when boarding. Buses have a front and a rear door. You always get in at the front (“entry”) and get out at the back (“exit”). Trams often have two or more cars, and you can board any of them.

In most German cities, a normal ticket is valid for two hours in one direction. During this time, you can use your ticket to switch between different means of transport (bus, tram, S-Bahn, subway), but you cannot use the same ticket to return in the direction in which you started your journey. For this you need a new ticket.





## S The S-Bahn

The term "S-Bahn" is an abbreviation for "city express train." The first S-Bahn system was introduced in 1930 as Berlin expanded its electrified rail network. After the smoke and noise of the original steam locomotives became a nuisance, Berlin opened an electrified system (third rail, 800-volt direct current) in 1924. Today many cities throughout Germany, Austria and German-speaking Switzerland have an S-Bahn system.

In larger German cities, the S-Bahn is also part of a rail network that includes subway lines. In Berlin, for example, at some train stations you can change from the S-Bahn to the U-Bahn (or vice versa) with the same ticket. The Berlin S-Bahn, Germany's largest system, has 15 lines with a 330-kilometer-long network, most of which runs above ground. A round green sign with a white S indicates an S-Bahn station.

Berlin residents have gotten used to hearing the announcement "Stay back, please!" before an S-Bahn or U-Bahn train closes its doors before departure. The S-Bahn is the hub of Berlin's local transport. The 15 S-Bahn lines cross the huge urban area of Köpenick in the southeast to Spandau in the northwest. The "Ring" lines (41 and 42) enclose Zone A, the central part of Berlin, and are connected to all other lines. The S-Bahn runs every ten minutes during rush hour and every 20 minutes the rest of the time. It is the best way to cover longer distances, sometimes in combination with the subway.

## U The subway

U-Bahn (short for "underground railway") is the German term for what is known in English as "metro," "subway," "underground" or "tube." Although subway trains typically travel underground, they can also be seen above ground, often on elevated steel viaducts. A blue sign with a white U indicates a subway station.

The world's first electrified subway line opened in London on November 4, 1890. In Germany, the first subway was put into operation in Berlin in 1902. The Berlin subway network was gradually expanded into the largest network in Germany. It includes nine lines with a total length of 155.4 kilometers and 175 subway stations. The recent extension of the U5 line between the Brandenburg Gate and Alexanderplatz added an additional distance of around 2 km.

Today, only four German cities (and Vienna in Austria) have subway lines: Berlin, Hamburg, Munich and Nuremberg. Some cities like Cologne, Hanover and Stuttgart have light rail lines that sometimes run underground, but these are not true subway lines. The subway is a quick way to get around Berlin, Hamburg, Munich, Nuremberg and Vienna, with trains running every five to ten minutes during peak hours.

The rules for purchasing and validating tickets for the S-Bahn described above also apply to the U-Bahn.

## H Buses and trams

A round sign with a green H in a yellow circle indicates a stop (see photo). Some stops may have an electronic sign showing the route number and arrival time of the next bus or tram. In almost all cases you will find a framed timetable on a post at the stop.

If you already have a ticket, show it to the bus driver when you get on the bus and validate it at a yellow, orange or red machine in the aisle marked "Please validate here." Skip this step if you have already validated your ticket. If you don't have a ticket, you can usually buy one from the bus driver (but not on trams, which have a ticket machine in every car). In some systems, electronic time cards are validated by holding them against a red circle at a special machine near the entrance.

There are buttons along the aisle that you press to signal that you want to get out. Modern buses and trams have an electronic sign above the driver's seat that shows the name of the next stop and says "bus is stopping" when someone has pressed the stop button. In some cases you will hear a gong and a recorded voice announcing the name of the next stop. Always exit through the rear door. You may have to press a button to open the door if you are the first person to get out.

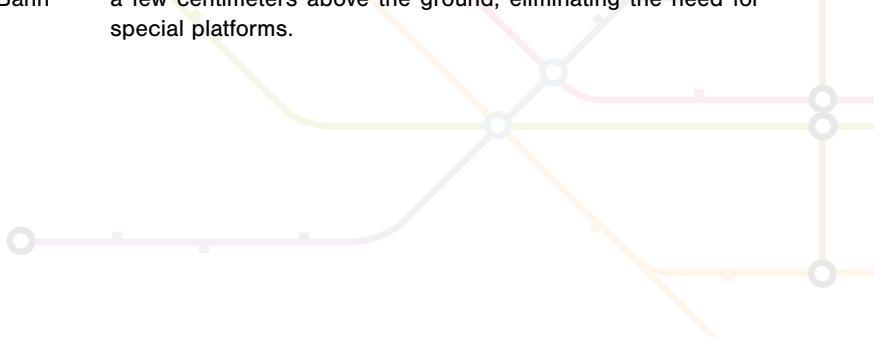
## U The light rail

Some German cities have a light rail system known as "Stadtbahn." The light rail concept uses a mix of dedicated and regular trams, using underground tunnels and stations to increase the speed of the system by bypassing automobile traffic. In contrast to a normal tram, the light rail in some cases runs on its own track bed, often on a green median so that it is not obstructed by road traffic.

In cities where there is no real subway, such as in Düsseldorf, Frankfurt am Main and Stuttgart, the light rail system with its tunnels offers a cheaper alternative to building a complete subway system like in Berlin or Munich.

These systems even use signs with a white "U" on a blue background, similar to the real subway lines in Germany. By using rail lines that are separate from road traffic and regular trams, light rail can provide faster service than a regular tram.

In other cities it can be difficult to distinguish between a light rail and a regular tram. In cities like Chemnitz, Erfurt and Freiburg, the light rail consists of normal trams that run on tracks that are separate from the road but without tunnels. In some cases, the light rail trams have low-floor trams that run just a few centimeters above the ground, eliminating the need for special platforms.



## T Taxis/Uber

Although taxis are not really part of the public transport system in German-speaking countries, we see this category as an important alternative for certain situations. For example, if you need to go to the airport with all your luggage, especially if you are traveling with several people, ordering a taxi in advance may be a wise option. A taxi is also helpful if you need to get to a location in the city that is not close to a public transport stop. It also happens that you go shopping on public transport and then take the purchased goods home by taxi.

All taxis in Germany have the same cream-beige color and a yellow-black "Taxi" sign on the roof. In the past it was always a Mercedes, an Audi or another luxury car, but today you're just as likely to be driven in a nice Asian car. Although you can hail a taxi on the street, it's best to order one in advance or visit a taxi stand, of which there are many downtown. If there are no taxis at the stand, you can use a special taxi call box to get a taxi.

Compared to many other countries, taxi fares in Germany are reasonable, but not cheap. All taxis must have a meter showing all costs. The amount always includes tax. It is customary to tip the driver about ten percent, more if the driver helped you with heavy luggage or packages. If you pay with a credit card, an additional fee may apply - a little reminder that you are in Germany.

## Z Zones

Most German cities use a zone system to determine the price of your ticket. In Berlin, for example, there are three zones: A, B and C - where A is in the center, B is further out and C is on the outskirts. Tickets cost (in euros) for zones AB (3.00), BC (3.50) or ABC (3.80), slightly less for children aged 6-14.

When purchasing a ticket - either at a ticket office or at a machine - you must specify which zones you require. If you have an AB ticket and are traveling to zone C (or from C to A), then you have an invalid ticket. You can see the zones on the S-Bahn and U-Bahn maps, which are available at stations, in print and online. Some cities even have an app for this, and you can also download a digital ticket on your phone, similar to an airplane boarding pass.

In most German cities, a normal ticket is valid for two hours in one direction. During this time, you can use your ticket to switch between different means of transport (bus, tram, S-Bahn, subway), but you cannot use the same ticket to return in the direction from which you started your journey. For this you need a new ticket.

| by Editor



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# A **GUIDE** FOR GERMANY AND EUROPE: **PLUG ADAPTERS, 230 VOLT ELECTRICITY AND MORE**

This practical guide is aimed at travelers visiting German-speaking Europe and expats living there. It provides information about European 230-volt electricity and how you can prepare for it. Whether it's for a laptop or a refrigerator, this guide provides instructions on how to use sockets, voltage converters and other important information. If only a simple plug adapter is needed, that is also covered. Otherwise, additional solutions will be presented.

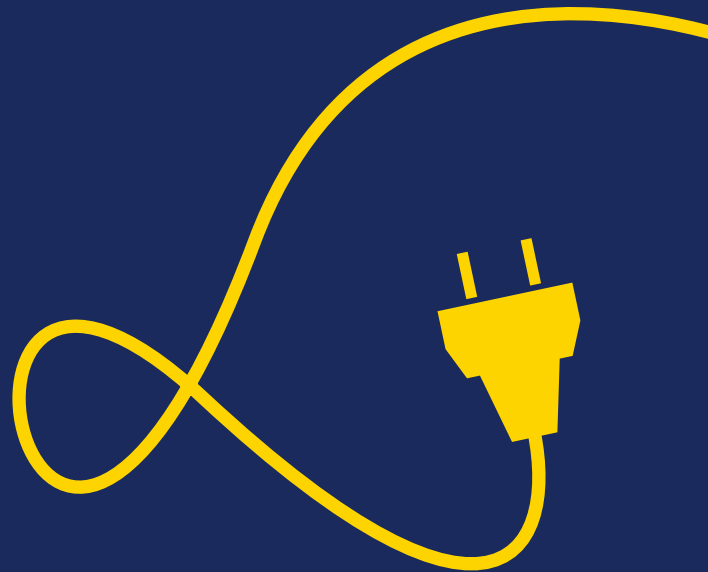
## 1. SIMPLE POWER PROBLEMS

For most travelers in Europe, simple power problems are easily solved with one or two suitable plug adapters. Devices such as laptops, iPads, smartphones, digital cameras and battery chargers automatically detect the required voltage. A note such as "100-240V, 50/60Hz" on the devices means that they are compatible with voltages of 100 to 240 volts and alternating currents of 50 or 60 hertz, eliminating the need for a voltage converter. However, the round pins of German power plugs require a plug adapter, unlike the flat pins of North American plugs. Further details can be found below.

## 2. NOT-SO-SIMPLE POWER ISSUES

Not-so-simple power problems generally fall into two categories: low amp/wattage and high amp/wattage. Devices such as laptops, cameras, smartphones, battery chargers and iPads typically draw less than an amp and do not require a voltage converter, so they have been listed above as "simple power problems." However, household appliances such as hair dryers, kitchen appliances, power tools and other devices with a high wattage (over 150 watts) require a high-performance voltage converter.

If you want to bring electrical equipment from North America to Europe, you should think carefully about it. While low-power rechargeable devices rarely cause problems, high-wattage household appliances such as hair dryers and other mains-powered devices typically require a voltage converter. It is advisable to purchase devices locally in Europe that are designed for the local 230 volt/50 Hz current. Many hotels also provide hairdryers. If you really want to use US devices, it is possible, but you should be aware of the problems involved and the advantages and disadvantages of the different solutions.



## IN SUMMARY,

TRAVELERS TO EUROPE SHOULD KEEP  
THE FOLLOWING IN MIND:

**First**, the standard electrical outlet in most European countries, including Austria, Germany and Switzerland, has a voltage of 230 volts, twice the standard voltage in North America. Devices from North America can be damaged if connected directly to European sockets without a voltage converter.

**Second**, North American and European plugs have different shapes, similar to trying to fit square pins into round holes. For example, a German plug has two round pins that fit into corresponding holes in a German socket. There are also variations within Europe, such as thinner or thicker pins and recessed or non-recessed sockets. It is advisable to carry a plug adapter kit with the appropriate adapters for the countries you are visiting to ensure your devices can be connected.



### PLUG TYPES: C, F, AND J

Two types of plugs are used in Germany and Austria: Type C and F. The older Type C has two round pins and no grounding pin, while the newer Type F has two round pins with two grounding clips. In addition to the Type C plug, Switzerland also uses the diamond-shaped Type J plug with three round pins. All three countries have a mains voltage of 230V and a frequency of 50Hz. In some regions of Denmark, France, Belgium, Italy and Poland, other plug types such as E, K or L may also be found, which do not correspond to the standard European plug types C or F.

### PLUG ADAPTER VERSUS VOLTAGE CONVERTER

When dealing with power problems in Europe, it is important to note that purchasing plug adapters that convert North American flat plugs to European round Schuko plugs only solves half of the problem. This doesn't help with the voltage differences. In addition, even the round plugs have variants with thick and thin prongs, which can make choosing the right adapter difficult.

A plug or other electrical product approved for use in Germany bears a "DVE" marking ("ÖVE" in Austria, "+S" in Switzerland) on the item or accompanying documentation. This corresponds to the "UL" symbol in the USA and indicates that the product meets German safety standards. Most adapters sold in the US and Canada do not carry this European marking because they are intended for use in several European countries, but that does not mean they are unsafe. Due to the variety of power supplies in Europe, some devices are sold without a power cord or plug, which you may need to purchase separately.

Most modern German sockets are embedded in the wall. Small voltage converters with the European prongs protruding directly from the converter should be avoided as they will not work in a flush-mounted box without an additional adapter plug.

For devices such as computers, shavers, video cameras or tablets that are multi-voltage models (which most modern devices are), only a plug adapter is required for use in Europe. However, if the device does not offer multi-voltage support, a voltage converter or converter must also be purchased.

### TWO DIFFERENT TYPES OF VOLTAGE CONVERTERS

There are two basic types of voltage converters. The first is intended for low-power devices, such as shavers or radios, that



Socket type F is the Schuko socket. The Schuko plug is the most commonly used plug in Germany and Europe.

use less than about 50 watts. Larger devices such as televisions, irons or refrigerators require a more powerful (and heavier) voltage converter. Because of their weight and cost, it may make more sense to purchase or rent German equipment that is already rated for higher voltages or to purchase a transformer in Germany. Interestingly, purchasing European equipment in the US can yield significant savings, up to 50 percent compared to purchasing in Germany. However, it is important to include any shipping costs or customs fees in the total price. As a rule, there are no customs duties for household items imported into Germany.

### BATTERIES AND RECHARGEABLE BATTERIES

Devices that run on batteries usually do not pose a problem, except for televisions. However, when charging at a socket, make sure that the charger can handle 230 volts. Most modern chargers for video cameras, shavers and other electronic devices automatically detect voltage. It is advisable to read the instructions for use or the label carefully. Standard US batteries are also readily available in Europe, but for unusual types it may be advisable to carry a spare battery. A rechargeable battery, such as that used in laptops or video cameras, is called an "accumulator" in German, often abbreviated to "the accu."

### BATTERY DISPOSAL

In Germany it is not recommended to simply throw batteries into the household waste. Most German municipalities have special containers and strict regulations for the disposal of various types of waste, including batteries. Europe is leading the way in regulating mercury levels in batteries to minimize environmental damage. In EU countries, including Germany, the law requires that batteries be returned to points of sale for proper disposal. Many German drugstores such as Rossmann or Müller have special containers near the checkout for battery disposal.

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# Castles and palaces

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## *Magnificent palaces of great rulers*

The variety of castles and palaces in Germany ranges from simple manor houses to representative, magnificent buildings of the great ruling dynasties - for example Sanssouci Palace in Potsdam, the "Prussian Versailles," which the Hohenzollern King Frederick II had built. Together with its park, the rococo palace has been protected by the UNESCO as a world heritage site since 1990. Another favorite place of the Hohenzollern dynasty is Charlottenburg Palace in Berlin.

The Moritzburg moated castle near the Saxon state capital Dresden is the flagship of the blue-blooded Wettins. The baroque complex also includes the Pheasant Castle (Fasanenschlösschen), 2.5 kilometers away, which is connected to Moritzburg through a visual axis.

## *Cultural heritage and architectural gems*

In addition to Sanssouci Palace, there are other castles and palaces on the UNESCO World Heritage list: for example, the Augustusburg and Falkenlust palaces in Brühl, North Rhine-Westphalia, which transport visitors to the 17th century with their gardens and parks. A UNESCO-protected facility in Hesse is the Wilhelmshöhe mountain park above Kassel with the classicist castle in the center. The Wartburg Castle, which towers over the Thuringian city of Eisenach is also classified as a World Heritage Site and is particularly important as a refuge for the reformer Martin Luther: Here he translated the New Testament into German.

Some castles are exemplary of architectural eras: for example Ahrensburg Castle near Hamburg, which is considered one of the main works of Renaissance architecture in Schleswig-Holstein. While the Saarbrücken Castle represents the Baroque style as part of the overall city planning, the much smaller Schönebeck Castle in Bremen-Vegesack combines the Baroque with North German half-timbering. A gem of classicism is Hamburg's Jenisch House: a country house with an extensive landscaped garden that offers a wide view over the Elbe.

## *Fairytale castles and knights' castles*

No other era has admired castle buildings as much as Romanticism. The ultimate symbol of this is Neuschwanstein Castle, which towers white near Füssen in the Bavarian Allgäu. Less well-known is the "Neuschwanstein of the North:" Schwerin Castle, a former grand ducal residence and today the seat of the state parliament of Mecklenburg-Western Pomerania. Romantic historicism was also the inspiration for the construction of Marienburg Castle: the neo-Gothic summer residence of the Guelphs, visible from afar, rises on the slope of the Marienberg around 20 kilometers south of Hanover in Lower Saxony. Numerous renovations also gave Wernigerode Castle in Saxony-Anhalt its current fairytale castle appearance.

But what historical buildings imitated can still be admired in the original today: medieval castles straight out of a picture book. The best-known example of this is Eltz Castle, a hilltop castle from the 12th century in the Eifel region of Rhineland-Palatinate - which has been owned by the count family for more than 850 years. The ruins of Heidelberg Castle, which have been drawing tourists from all over the world to the city on the Neckar in the north of Baden-Württemberg for many generations, are also a symbol of the romantic aura of old walls.

| by Editor





# MÖBELHOF



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NEUSCHWANSTEIN CASTLE

### NEUSCHWANSTEIN CASTLE, BAVARIA

Neuschwanstein Castle is white. This was a change of plan by Louis II during construction. He wanted white limestone cladding. This long-distance effect in white makes it appear unique and also more historical, because such white castles only appear in illumination.

Maybe that's why Walt Disney chose it as a model for his Sleeping Beauty Castle. If he had been looking for a medieval knight's castle, he might have come across Eltz Castle in the Eifel. At least it made it on the 500 German mark note.

### ELTZ CASTLE: A HIGH-RISE OF THE MIDDLE AGES, RHINELAND-PALATINATE

Eltz Castle is an almost 900-year-old castle that was built over 500 years, embedded in a natural paradise and completely isolated on a rock in a valley, its highest part more than 40 meters high with up to ten floors - actually a high-rise from the Middle Ages.

The Charlottenburg Palace in Berlin is completely different, serving as the summer residence of the Prussian kings from 1701 to 1888, is an important cultural treasure not only because of its unique porcelain exhibition.

### CHARLOTTENBURG PALACE

Charlottenburg Palace is embedded in a huge park. This beautiful building could be compared to Sanssouci. It has the ambience of a park and is more or less located on the water, so you have the connection between nature and culture. Maybe Charlottenburg Palace is even an unexpected highlight in our cultural scene.



SCHWERIN CASTLE

Schwerin Castle is located not on the water, but in the water. It is the most eye-catching of all 2,000 castles, manor houses and mansions in Mecklenburg-Western Pomerania.

### SCHWERIN CASTLE, MECKLENBURG-WESTERN POMERANIA

It is a fairytale castle with lots of towers, 365, one for each day, with golden domes. A castle that stands on stilts on a small peninsula in the middle of Lake Schwerin. Very impressive and the first stop for all visitors in Schwerin: see the castle and stroll through the garden. That's what's special about Mecklenburg-Western Pomerania.

It's similar when you visit Heidelberg am Neckar, where the imposing ruins of Heidelberg Castle rise high above. It's worth a visit just for the view from up there.

### HEIDELBERG CASTLE, BADEN-WÜRTTEMBERG

This view is incredible. This narrow valley that then opens into the Rhine plain, everything so green, then the red roofs of the small old town below, the bridge that has been allowed to cross the Neckar for centuries. You automatically take a breath. I always see visitors saying "ah, oh" - and then the cameras are pulled out when they have recovered. And that view is indeed awesome.

Lively costume tours through the Middle Ages, Renaissance, Baroque and Romantic eras bring the personal fates of the castle residents to life.

### CHAMBERMAID AND FILM SET

Guests visiting Marienburg should preferably book a scenic tour, for example with one of the queen's maids, who appears in the robes of the time and reports the latest gossip. Various fairy tales were filmed there, Allerleirauh or the Fairy Tale of the 12 Months, which is about dark forces. Our Marienburg is the Neuschwanstein in the north.

Fairytale castles are actually rather rare in northern Germany, admits Maïke Bialek from the Bremen Economic Development Agency.



CHARLOTTENBURG PALACE





WILHELMSHÖHE MOUNTAIN PARK

### SCHÖNEBECK MOATED CASTLE IN BREMEN

We have fewer finely chiseled towers, and as North Germans we are a little more reserved. We have a moated castle that was built in the northern German half-timbered style in the Bremen Vegesack district, which is located on the Schönebecker Aue, where a small river has been dammed that flows into a small pond in front of the castle - a simple castle, but from the outside a beautiful half-timbered building.

Half-timbering can also be found at the top of Falkenstein Castle in the Lower Harz, a high medieval hilltop castle that made headlines for its hidden treasure.

### FALKENSTEIN CASTLE

The highlight of this treasure is the very valuable, so-called Asseburger cup. It was buried in the castle area, and in GDR times, as there were rumors about the treasure, the Stasi tried to find this treasure. But it was only after the fall of the Wall that a son-in-law of Count Lothar von Asseburg, who last lived there, found a treasure map in the will, and on this basis the treasure could then be found.

Treasures, knights, adventures – many German castles and palaces hide exciting secrets. Saarbrücken Castle has an unusual central building made of glass, but the real mystery lies beneath.

Below the castle there is a preserved underground fortress with battlements and casemates from the Middle Ages. An insider tip: Visitors should stop by the castle on Sundays at 11 a.m., because the castle ghost haunts the castle and from there you can reach the underground casemates.

From Saarbrücken's old town you have a particularly beautiful view of the castle and the baroque garden. A park with unique garden art awaits visitors around the Hessian Wilhelmshöhe Castle in the largest mountain park in Europe with impressive water features.

### WILHELMSHÖHE MOUNTAIN PARK, HESSE

At a certain moment, water runs down various cascades into a park, fills the lake, and at the end the fountain shoots up. It's like a really great fireworks display, a big show, a production from the past with very sophisticated technology. And my very personal highlight: There are dachshund games in the Bergpark Wilhelmshöhe. This is totally cute. Anyone can come with their dachshund, then it's Dachshund Day in the Bergpark.

Why not? Because what the Corgies were to Queen Elizabeth, his dachshunds were to the German Emperor Wilhelm II.

| by Editor

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# INSIDER TIPS

## FOR GERMANY



**A mega beach, nostalgic industrial culture and a giant crater from prehistoric times: Come with us to a Germany beyond the beaten path. Following are our “Off the Beaten Track” highlights.**

A deserted beach in midsummer? A starry night sky like in the desert? A lonely hike through a cool beech forest? Germany offers much more than Oktoberfest, Neuschwanstein Castle or hip Berlin. The best thing is: You don't need much to find the other Germany because you never really have to go.

### Europe's widest beach

Let's start in the North German Watt. The island of Amrum is located in the UNESCO-designated Schleswig-Holstein Wadden Sea National Park. A mudflat hike is an exciting thing, but then there is the "Kniepsand": the widest sandy beach in Europe! Even in midsummer, you can always find a secluded spot for your own towel.

### Vikings and cool beech forest

Schleswig is also in Schleswig-Holstein. The small town on the Schlei bay dates back to the 9th century. The Vikings resided in the area and expanded their settlement into a gigantic fortress: Haithabu. Even many Germans hardly know this legacy of the Northmen - the area only came under German rule in 1864. Between the 8th and 12th centuries, traders from all over the world met there. Often fought over, Haithabu was eventually destroyed. Today the Viking Age is revived in a village of reconstructed huts. Haithabu was added to the UNESCO World Heritage List in 2018.

Our search for insider tips takes us to the Uckermark in Brandenburg, a district north of Berlin. A mystical forest awaits you there, the Grumsiner Forest. Hardly anywhere else in the world is there such a large, contiguous beech forest. Since 2011,

parts of the forest have been part of the UNESCO World Heritage Site “Primeval Beech Forests and Ancient Beech Forests” in Europe. A 20 kilometer long circular route leads over a “primeval forest path” and to hidden lakes and moors. It is pleasantly cool there in summer.

### Star park and free climbing

Next stop: Gülpe. This is a place in West Havelland near the Elbe river. Until 1990, the river marked the border between the GDR and the Federal Republic of Germany for almost 100 kilometers, so the area is still relatively sparsely populated today and is perfect for stargazing. Hardly any industry, street lighting or other artificial light obscures the view of the night sky around Gülpe, making it the darkest place in Germany. Whether shooting stars or a lunar eclipse - the sky can hardly be better observed anywhere else than in the nearby Westhavelland Star Park. Such star parks can now also be found in the Rhön, the Eifel and the Chiemgau Alps.

The Alps are impressive – but an insider tip? How about taking a look at Germany's low mountain ranges! Here too you can wander into solitude. The Elbe Sandstone Mountains in Saxony are particularly attractive with their table mountains, rocky pinnacles, gorges, rivers and forests, and are also a climbing paradise that claims that free climbing was invented there. You can climb up more than 1,000 free-standing sandstone cliffs. You can book courses in climbing schools from Bad Schandau to Königstein.

### Smoked beer and meteorite craters

It's no secret that Germans brew beer in abundance. But do you know smoked beer? The liquid delicacy, which smells a little like smoked food, is at home in Bamberg. Several breweries in the Upper Franconian town in Bavaria still brew their beer according to a traditional recipe that is unique in the world. In

View from the Noor to the land bridge and the reconstructed houses. The Haithabu Viking Museum is one of the most important archaeological museums in Germany. The museum as well as the seven reconstructed houses located on the historic site impressively show how people lived there in the early Middle Ages. UNESCO named the Viking Age trading center and the Danewerk border structure a world cultural heritage site in 2018.







The North Sea island of Amrum is known to have one of the widest and finest sandy beaches in Europe. The famous Amrum "Kniepsand" is around 12 kilometers long and around 2.5 kilometers wide at its widest point.



The largest beech forests on the Baltic Sea coast stretch over hills and stream valleys, enclosing open moors and springs. On the famous white chalk coast, shady green forests meet the blue of the sea.



Dark, smoky, and with more than a hint of smoked meat flavor. The Bamberg specialty is still produced today according to old brewing traditions. Strictly speaking, smoked beer is a beer flavor that is created through the use of smoked malts.

the past, there was no other beer than smoked beer, because it was only in the course of industrialization that it became technically possible to malt without smoke. In general, the density of breweries is impressively high. There are 60 in the surrounding area that brew around 400 different beers. You can take hikes from brewery to brewery and sample traditional beers during brewing courses.

Nördlingen is located two hours south of Bamberg and the place of a catastrophic event in earth history. Luckily that was a long time ago. But the story is omnipresent - simply because Nördlingen is 150 meters lower than the surrounding country. The city is situated on a crater floor.

14.5 million years ago, a meteorite hit the earth at 70,000 km/h and tore a crater 25 kilometers in diameter, known today as the Nördlinger Ries, the best-preserved crater in Europe. Guided tours are offered almost daily in the Geopark Ries. In the Ries Crater Museum in Nördlingen you can also find out more about the earthly effects of that cosmic encounter from prehistoric times.

### Museums and landscape park

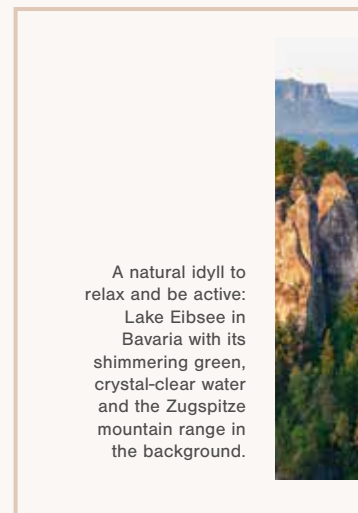
The museums and Germany – that is also a special topic. There are around 6,800 of them across the country, a feast for cultural travelers. The Museum Island in Berlin and the Frankfurt Museums Bank (Museumsufer) have a particularly high density of museums. But among the many museums you will also find lesser-known places such as the Berlin Computer Games Museum, the German Emigration Center in Bremerhaven, which documents German migration history based on real family fates, or the Sports and Olympic Museum in Cologne, which covers the range of sports from ancient times to modern times – triumphant victories, but also bitter defeats.

Is industrial culture more your thing? Off to the Duisburg-Nord Landscape Park! The 180-hectare urban oasis in the north of

the city of 500,000 inhabitants extends around the disused Thyssen Duisburg-Meiderich blast furnace plant, now a protected industrial monument. From 1901 to 1985, pig iron was produced here for the steel industry. During guided tours of an old blast furnace, visitors learn about the work that was done there.

The extensive area with gardens, meadows and water areas can be explored via an industrial history circular route by rental bike or on foot. Blast furnace 5, now a viewing tower, provides the right overview. Do you want even more mountain air? A climbing garden was created in a former ore storage bunker and a high ropes course was set up in a casting hall. Or would you rather go down? In a flooded gasometer, Europe's largest artificial diving center, you can put on a mask and tank and discover an exciting underwater world - wreck diving included: In addition to an old Trabant, the most common passenger car in the former GDR, the hull of a passenger plane was also sunk.

| by Editor



A natural idyll to relax and be active: Lake Eibsee in Bavaria with its shimmering green, crystal-clear water and the Zugspitze mountain range in the background.





A 70-step staircase takes you from the cathedral square to the Domberg with its two former collegiate churches.

# MANY DISCOVERIES AND FESTIVALS IN ERFURT

ERFURT IN THE GERMAN  
STATE OF THURINGIA  
HAS A LOT TO OFFER

Erfurt is the capital of the centrally located German state of Thuringia. The theological founder of the Reformation, Martin Luther, was ordained a priest in Erfurt Cathedral, which dates back to the 8th century.

There is a lot to explore in Erfurt. Next to St. Mary's Cathedral, whose central tower houses the world's largest medieval free-swinging bell, the "Gloriosa," there is also the Gothic church "St. Severi."

The Petersberg Citadel rises above Erfurt's old town - one of the largest and the only largely preserved baroque city fortress in Central Europe. Laid out in a star shape, it was considered the most modern facility of the time and impregnable. Since 1990 it has been reconstructed with great attention to detail and great effort. When visiting the citadel, you can explore the new exhibition in the commander's house as well as the listening tunnels in the strong walls of the fortress or simply enjoy the fantastic view over the old town. As the crown of the city, the Petersberg has shaped the cityscape of the Thuringian state capital for centuries and is a popular destination for locals and guests to linger and discover.

Another highlight and one of the city's landmarks is the "Krämerbrücke" (Merchants Bridge) over the Gera river, on which there are medieval houses and shops. It is the longest bridge

in Europe that is continuously built with houses and inhabited. The Krämerbrücke is the most interesting secular building in Erfurt. It was initially built of wood and in 1325 of stone. The 120 m long Krämerbrücke was originally built with 62 narrow houses, which were later combined into 32 houses.

Anyone who visits Erfurt can also experience numerous festivals. Visitors can experience Walpurgis Night as early as April 30th, as there will be music and dancing from the late afternoon. Witches and devils try to prevent the victory of spring for the last time with a hellish spectacle. The DomStufen Festival takes place in August. There are also various concerts on Cathedral Square and Petersberg throughout the summer. On July 6th, the baroque city fortress Petersberg invites young and old to the Petersberg Festival.

The 47th Krämerbrückenfest from June 14th to 16th, 2024 will also be an experience, connecting the past and present in a unique way. There is music, juggling and culinary delights around the bridge, in the center of which you can view an art installation.

Information is also available at:  
[https://www.erfurt-tourismus.de/  
events-veranstaltungen](https://www.erfurt-tourismus.de/events-veranstaltungen)



There are 13 characters for children in Erfurt who became known through the German children's channel Kika on television. These are scattered throughout the city and of course delight the little guests. The most famous is certainly the "Sandman," who has made himself comfortable on a bench. Others include "Mouse and Elephant," "Tiger Duck," "Kikaninchen," "Fidi, the Bat," "Bernd, the Bread" and many others.

"Our Sandman" is a German children's program that has been produced since 1959. There are many other colorful characters from German children's programs in Erfurt.

| by Renate Gradi



The Goethe Residence is a museum run by the Klassik Stiftung Weimar in the home and death house of Johann Wolfgang von Goethe in Weimar. Since 1998 it has been a UNESCO World Heritage Site as part of the Classical Weimar Ensemble.



# GOETHE AND SCHILLER IN WEIMAR AND THE “EGAPARK” IN ERFURT



The egapark Erfurt is the most important garden monument of the 1960s in Germany and is one of the most important examples of garden architecture of that time. The attractions of the egapark Erfurt include the largest ornamentally planted flower bed in Europe, the rose garden, the Japanese rock and water garden, the grass and perennial gardens, the largest playground in Thuringia with a children's farm and water area, the sculpture garden with sculptures by well-known artists and the historic Cyriaksburg with the German Horticultural Museum.

Weimar is one of the most important and charming residential cities in the middle of Europe. Goethe and Schiller, Bach and Liszt are inextricably linked to this city. The poets' houses, museums and castles - European cultural history is gathered in a very small space and has been awarded the World Heritage title by the UNESCO.

One of the most important testimonies of classical Weimar deals with the poet prince Goethe. Johann Wolfgang von Goethe is Germany's greatest poet and one of the greatest in the world. He was not just a poet and writer. He was also an artist, naturalist and statesman. Goethe was born on August 28, 1749 in the rich trading city of Frankfurt am Main.

But Johann Wolfgang von Goethe lived in the baroque-style house in Weimar am Frauenplan for almost 50 years. It was rebuilt and designed according to the poet's specifications. Today you can largely see it in the condition of the last years of Goethe's life. For conservation reasons, the number of visitors is limited.

Friedrich von Schiller (born November 10, 1759 in Marbach am Neckar) was also an important poet, philosopher, historian and playwright who spent six years in Weimar and died there in 1805. Goethe and Schiller used to be competitors; but since 1794 a mutual exchange between the two poets and a special friendship developed.

Another highlight in Weimar is the “Duchess Anna Amalia Library.” This is a publicly accessible archive and research library for European literary and cultural history with a particular focus on the period between 1750 and 1850. A total of 1 million units belong to the library holdings. The Rococo Hall is a splendid room for literary works.

After enjoying a lot of culture, you could also take a trip to the “egapark” in Erfurt, which is not far away. A unique variety of different gardens can be seen there. Flower and plant enthusiasts, children, explorers and those seeking peace and quiet of all generations will find their green, colorful and fragrant or adventurous oases here.

Located in the middle of the egapark is “Danakil,” the world's first desert and jungle house of its kind. Here, two climate zones meet in one enormous building - water is the connecting element. Here desert and a variety of cacti and succulents of all sizes and shapes - there rainforest with water from below and above. And in between there are animals - meerkats, spiders, ants, bats, tropical butterflies. Danakil is a journey around the climate zones and an experience for all the senses!

Playing, running around and discovering is even more exciting for children here. The largest playground in Thuringia is located in the egapark: 35,000 square meters in size and equipped with a fun water paddling pool. In addition to the flower shows, there are also special events such as the “Japanese Garden Festival” on May 12th with traditional dance and Far Eastern music, exciting dance art and drum shows as well as the presentation of bonsai culture. The “Comic Park” will open on May 25th and 26th, where you can experience adventures with superheroes and villains. A “Rose Garden Festival” is celebrated in June and the Festival of Lights in August.



More information about the egapark.

| by Renate Gradi



# TRAVEL THROUGH TIME BY BIKE

30 YEARS OF THE FIVE RIVERS CYCLE PATH,  
300 KILOMETERS OF NATURE AND CULTURE

(djd). Rocky river valleys with stalactite caves and hills crowned with castles as well as medieval towns and villages - the ancient natural and cultural landscape of the Bavarian Jura region can be discovered actively and enjoyably on the Five Rivers Cycle Path. The cycle path, which is celebrating its 30th anniversary this year, leads along the banks of the Danube, Altmühl, Pegnitz, Vils and Naab rivers from Regensburg via Kelheim and Neumarkt in der Oberpfalz to Nuremberg and Amberg and back to the UNESCO World Heritage city. The well thought-out cycle path concept makes it possible to cycle the route in the opposite direction and to individually adapt the length and route. Depending on time and fitness, cycling vacationers can reduce the total distance of around 300 kilometers with family-friendly shortcuts such as the Lauterachtal cycle path or gain additional meters of altitude on more sporty variants such as the Naab-Altmühl cycle path.

## Cycling along towpaths and railway lines

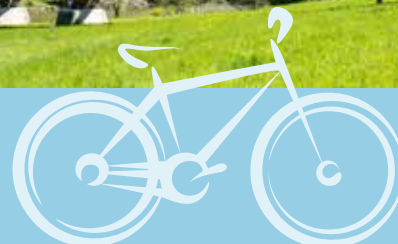
The five stages cover between 31 and 75 kilometers, for which you sit in the saddle for two to six hours a day at a comfortable pace. In addition to actively enjoying nature, there is also enough time for cultural discoveries and culinary refreshments along the way - in Neumarkt in der Oberpfalz, cyclists even have the choice between five museums and four breweries. The artists' town of Kallmünz also offers more than just a feast for the eyes, with colorful houses nestled beneath a mighty castle ruin in a limestone cliff landscape. The cyclists travel on asphalted or gravel cycle paths far away from overcrowded routes, some of which follow historic towpaths and former

Historical places like Essing offer cycling vacationers cultural and culinary refreshment breaks.

Spectacular bridges like the "Tatzlwurm" take cyclists from one river bank to the other on the Five Rivers Cycle Path.



The World Heritage city of Regensburg is the starting and ending point of the Five Rivers Cycle Path.



railway lines. At [www.fuenf-fluesse-radweg.info](http://www.fuenf-fluesse-radweg.info) there is detailed information about the individual stages as well as e-bike charging stations, accommodation and free parking spaces.

## Across the water with a raft ferry and the "Tatzelwurm"

However, the prehistoric river valleys are not only ideal cycling areas because they have few gradients. Along the way, cyclists big and small can also take exciting journeys through time - for example in the Schulerloch stalactite cave with its prehistoric cave paintings and in the prehistoric adventure village of Alcmona. If they want to get from one river bank to the other, in some places they need not only leg strength but also arm strength, for example when they pull themselves across the water on a raft ferry near Dietfurt using a rope. Otherwise, spectacular buildings such as the wave-shaped wooden bridge called "Tatzlwurm" over the Main-Danube Canal or the "Stadtbrille" in Amberg, whose bridge arches are reflected in the water as glasses when the sun is shining, also help.

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## *A NEW HOME FOR GUESTS FROM ALL OVER THE WORLD: THE BOOTSHAUS IN AMBERG'S HISTORIC CENTRE DIRECTLY ON THE RIVER*

Steeped in history, Amberg is offering a new highlight in five of its houses, partly protected as historic monument and more than 800 years old. Since September 2023, the Bootshaus - hotel, event location and restaurant has been welcoming guests in the city center right by the river.

No two rooms in the Bootshaus are the same, but each one is unforgettable. It can be the half-timbered wall setting striking accents, or the historic roof truss, the beamed ceiling and a round arch creating an atmospheric ambience. Sometimes the perfectly placed, free-standing bathtub is the highlight, other times the hidden loggia. And always right there – the river "Vils" – atmospherically staged offering an ever-changing beautiful sight. The 19 guest rooms range from 15 double rooms to 4 suites of varying sizes, all offering the highest levels of comfort and state-of-the-art facilities.

The restaurant also impresses with upscale Bavarian cuisine and great beer from its town Amberg. All dishes are freshly prepared with regional ingredients. Always having the different seasons in mind, recipes and menus are carefully crafted. The cozy dining

area invites you to enjoy a hearty snack or a fine dinner, while the terrace overlooking the river is the perfect place to enjoy a refreshing drink or a coffee in the warmer months.

It has always been the goal to offer guests from all over the world a home away from home and to bring them into contact with the people and produce of Amberg. The team at the Bootshaus speak English throughout, and the restaurant menu, room information and website are available in English, too.



Photo Credit: Miriam Koch (2)

## *ENJOY FOOD AND BEER FROM AMBERG DIRECTLY AT THE RIVER*



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# FRANCONIAN SWITZERLAND – A PARADISE FOR MOTORCYCLISTS

"What Switzerland offers in large quantities, can be found here in lesser quantities but often more pleasing to the eyes because you can overlook it and perceive it as a single picture." This is how writer Josef Heller from Bamberg described "Franconian Switzerland" in 1829. The term was first used in 1812 in a travel guide written by Johann Christian Fick.

He used it to describe a multifaceted region in Franconia, characterized by lovely valleys, bizarre Jura rocks, meandering rivers, dense forests, flowstone caves and idyllically located castles and villages. And a region that offers a large variety of routes for motorcyclists.

Franconian Switzerland is a tourist attraction because of its idyllic landscapes and diversity. Bikers can expect fantastic routes. A lot of winding roads go through interesting landscapes, over hills and through valleys and with an immense amount of sights to see.

As you enter the region, you pass through old towns such as Neunkirchen am Brand with the gothic St. Michael's Church or Effeltrich with the romantic St. George's Church. The town is known for the fact that women wear their lavishly decorated traditional dresses even on regular week days. Forchheim, the county seat, with the Pfalz Museum and the Wiesent river, idyllically lined with houses, is near by. We are now in the Wiesent valley which presents itself deeply cut into and often lined with high-rising rocks. Characteristic of the region is the "Ehrenbürg," also known as "Walberla."

Inhabited since early history, the Ehrenbürg consists of the 532-meter-high Rodenstein and the 512-meter-high Walberla, topped by a chapel built in the 17th century but first mentioned around 1350. Locals refer to the entire Ehrenbürg area as Walberla. Today, it is Franconia's cult mountain which is a favorite travel destination in the summer and winter. Passing by well-kept fruit meadows whose harvest provides the fruit for the finest fruit brandies, we travel to the north on country roads that wind through green landscapes. The villages with their typical half-timbered houses and the many private breweries are very welcoming. Buttenheim even has two breweries: St. George's

Brewery and "Löwenbräu" (Lions' Brewery). Next door, the Levi Strauss Museum welcomes visitors.

This region offers a lot of culture. Memmelsdorf features an impressive, lavishly decorated baroque church and Seehof Palace. The impressive, Rococo-style building was formerly the summer residence and hunting seat of the Bamberg prince-bishop. And then you have reached the center of the Franconian Switzerland Nature Park where one fantastic bike route follows another.

Starting in the beer village Tiefenellern, the narrow Ellertal valley features an extremely winding mountain ascent with beautiful views. No wonder that this area has become a small Eldorado for motorcyclists where bikers meet at one of the many bends and not far away from there, bikers can enjoy the former race tracks on Würgauer Berg (Würgau Mountain) and Ellenberg mountain near Tiefenellern-Litzendorf.

The well-built, winding country road through the Wiesent valley leads to the center of Franconian Switzerland where one valley after the other cuts through the light limestone rocks. Three valleys come together at the small village of Behringersmühle: the Wiesent valley, the Ailsbach valley and the Püttlach valley. All of them are idyllically lined by green hills. Bend after bend, the road follows the course of the rivers, past old mills and weirs, and because we are traveling along the Castles' Route, medieval castles are built on top of the rocky mountains.



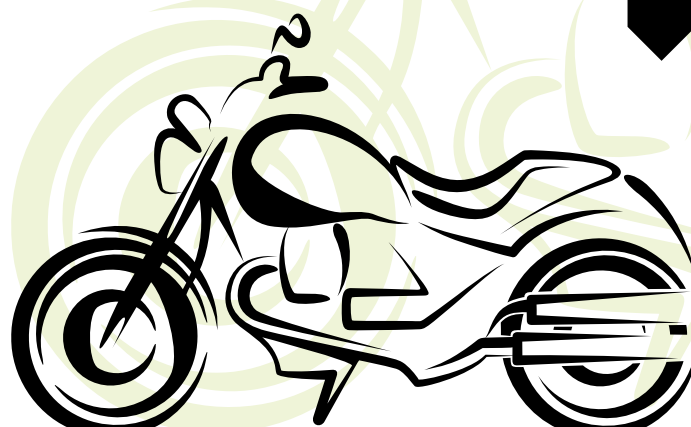


Impressively narrow and steep ascents lead up to the medieval Rabenstein Castle, to Pottenstein Castle, or to Gößweinstein Castle, fortified with battlements and gables. Everywhere, steep climbing rocks, occupied by free climbers, line the route and bizarre flowstone caves invite bikers to stop and visit.

The wide valley near Ebermannstadt is another important junction. Many sights are located nearby: Feuerstein Castle, the spa town Streitberg with its distillery, the ruins of Streitburg Castle and Neideck Castle, and the Binghöhle (Bing cavern) with its bizarre flowstones. It is also the beginning of another exciting valley, the Leinleiter valley. Snug against the steep limestone rocks, the narrow country road winds up onto a wide, light plateau.

The Aufseß- and Trubach valley aren't any less winding. Here, you will also find old castles such as Egloffstein Castle majestically sitting on top of the mountains. In the south, the towns of Gräfenberg and Weißenhohe, where a well-known monastery beer is brewed, completes the tour of Franconian Switzerland.

| by Editor



## TIPS FOR FRANCONIAN SWITZERLAND

### CLOSURES

While there are no road closures, there are rigorous speed controls along the most beautiful routes.

### TIPS FOR BREAKS

Bruckmayer brewery in Pottenstein ([www.hotel-bruckmayer.de](http://www.hotel-bruckmayer.de)), Krug brewery in Breitenlesau, Hübner brewery in Steinfeld ([www.huebner-braeu.de](http://www.huebner-braeu.de)).

### BIKER MEETING POINT

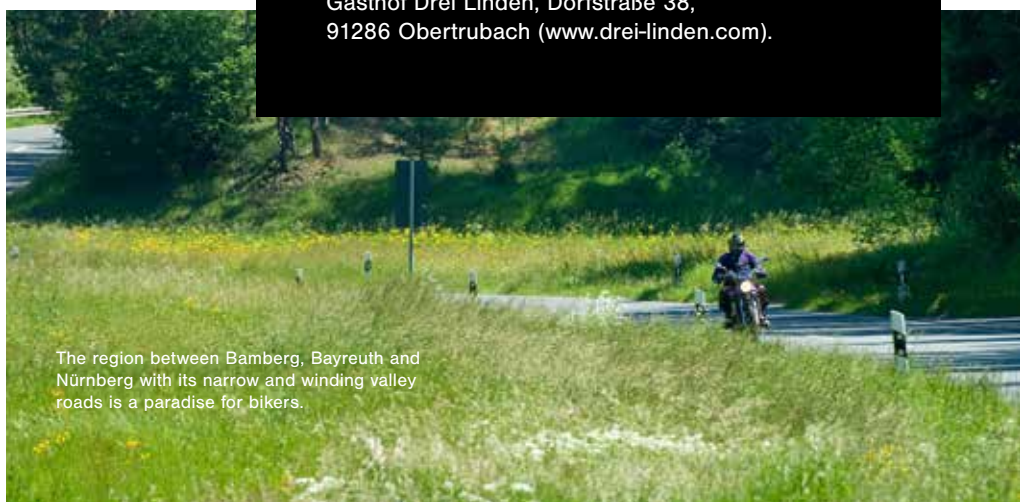
Kathi-Brewery is a cult location. It is located in Heckenhof 1, near Aufseß and on weekends THE magnet for motorcyclists. If you like it more quietly, stop by on a weekday. Opens at 9 a.m., phone: 09198-277.

### SPENDING THE NIGHT

In Aufseß, the town that holds the Guinness-record of the town with the most breweries, you can spend the night in a brewery: Gasthof Reichold, Hochstahl 24, 91347 Aufseß, phone: 09204-271, [www.reichold.de](http://www.reichold.de). In the center of the region: Gasthof Drei Linden, Dorfstraße 38, 91286 Obertrubach ([www.drei-linden.com](http://www.drei-linden.com)).



Kathi-Brewery in Heckendorf is perhaps the largest and best-known meeting point for bikers in northern Bavaria. Several hundred bikers stop here on busy days and there's always something going on, even on weekdays (91347 Aufseß-Heckendorf).



The region between Bamberg, Bayreuth and Nürnberg with its narrow and winding valley roads is a paradise for bikers.



# THE FASCINATION OF ROCK

NOT FAR FROM THE GRAFENWOEHR MILITARY TRAINING AREA, ROCK AND CLIMBING FANS WILL GET THEIR MONEY'S WORTH

Climbing fans can test their skills at the Vogelfelsen.

Granite rocks like the Rattfelsen in the Steinwald were formed by wind and weather over millions of years.

With a little imagination you can recognize it: the Steinwald Sphinx, officially the Zipfeltannenfelsen.

(djd). Whether Stonehenge in southern England, the 12 Apostles on the Great Ocean Road or the Thai rock pinnacle Khao Ta-Pu, better known as the James Bond Rock: stone and rock formations attract people all over the world. But you don't have to travel halfway across the globe to see such fascinating structures. It is enough to drive to the north-east of Bavaria.

## The rock paradise in the Steinwald

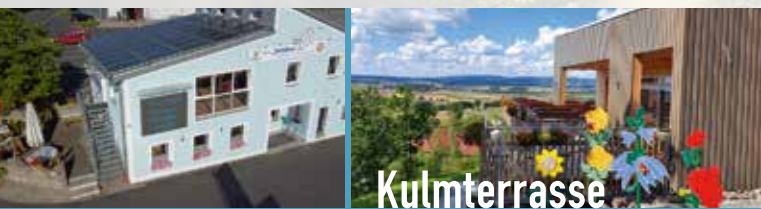
The Steinwald Nature Park is nestled between the Fichtelgebirge and the Upper Palatinate Forest. With an area of around 22,900 hectares, it is the second smallest nature park in Bavaria, only the Ammergau Alps are even smaller. As the name suggests, the landscape there is characterized by rocks and forests. There are granite formations everywhere, shimmering steeply in cold colors. They were created around 285 million years ago and a few of them were used for castles. Among

other things, Weißenstein Castle was built on one of the large rocks, probably in the 13th century. Wind and weather have deformed the rocks; if you look closely, some of them resemble mythical creatures or animals. Even the famous poet and thinker Johann Wolfgang von Goethe stopped in the Steinwald and Fichtelgebirge during his travels. He had been fascinated by granite since his youth.

## Experience the rock

The rock groups, some of which are bizarrely shaped, have names such as Robber Rocks, Bird Rocks or Hackelstein. One of the most famous rocks is the Zipfeltannenfelsen in the southern Steinwald, also called the Steinwald Sphinx. It impresses with its rugged weathered granite formations and can be reached, for example, via the seven-kilometer-long circular hiking trail "Forest History Trail." The path also leads past the Saubad rock and the Waldhaus. The Zipfeltannenfelsen is also an official picnic area: You can pre-order a picnic basket at [www.steinwald-urlaub.de](http://www.steinwald-urlaub.de) and have it filled with regional delicacies and delivered directly to the rock. If you prefer to explore the rocky paradise in the Steinwald Nature Park by bike, you can do so along the "Fabled Stone Route," for example.

The circular cycle path is suitable for touring bikes and gravel bikes. Very experienced mountain bikers, on the other hand, will get their money's worth on the "Steinwald Trailrunde" - past the Zipfeltannenfelsen, Vogelfelsen and Robberfelsen (behind which highwaymen are said to have once been up to mischief). The Steinwald is also popular with climbing fans, as the granite is considered particularly unique in the climbing scene. There are 20 routes in the region, ranging in difficulty from 1 to 8+.



## Kulmterrasse

## „Beim Schinner“

„Beim Schinner“ is open Monday through Friday from 8.30 a.m. to 6 p.m. and on Saturday from 8.30 a.m. to 3 p.m. Typical Bavarian dishes, burgers and various snacks. Of course, all dishes are available for take-out.

The restaurant with very good Bavarian and Italian cuisine. Enjoy the fantastic view from the Kulm volcano over the southern mountains of the Fichtelgebirge.

### Opening hours:

Wed. – Sat.: 2 – 9.30 p.m.  
Sun.: 10 a.m. – 9.30 p.m.  
Kitchen open until 8 p.m.





# FRANCONIAN PORK ROAST

WITH CRUST IN  
DARK BEER  
SAUCE WITH  
BAMBERG SAVOY  
CABBAGE AND RAW  
DUMPLINGS

## INGREDIENTS:

- haunch from pork cut in half or thirds by the butcher
- carrots
- leek
- onions
- celery
- potato slices to thicken the sauce
- salt, pepper and caraway
- beef broth
- dark beer
- Bamberg savoy cabbage
- Salt, pepper, nutmeg
- 1-2 tablespoons of butter
- 3-4 tablespoons of flour

## PREPARATION:

Put crisscross cuts into the meat. Make sure the cuts are deep enough so that a nice crust will form. Spice the meat well on each side with salt, pepper and caraway. Wash, peel and cut the cabbage into small pieces. Put the meat on top of the vegetables in a small casserole and roast it at 180-200° Celsius (upper and lower heat) for approx. 1.5-2 hours. After 20-30 minutes, pour beef broth on the roasted vegetables. Towards the end of the cooking time, pour dark beer on top and increase the temperature for about 20 minutes to 220° C (upper heat only) to get a nice crust. Take the roast out of the oven, pour out the sauce and strain it through a sieve. Clean the amount of cabbage you wish to prepare and cook it in salt water until the leaves are soft. Strain the cabbage and save it for the roux. Grind the cooked cabbage with the meat grinder or with a hand blender. To prepare the roux, heat the butter and melt the flour in it, pour in the cabbage water and mix it with the cabbage. Add salt, pepper and a lot of freshly grounded nutmeg. Serve the roast and the cabbage with raw potato dumplings.



| by Editor

THE CITY OF AMBERG  
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WITH AMBERG BREWERIES

# AMBERG BEER FEST

AMBERG BREWERIES

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► Every additional beer chip:  
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## APRIL 27 IN FRONT OF ACC

# BAVARIAN POTATO- SALAD



This potato salad is a classic in Bavarian beer gardens and is enjoyed with meatballs or meat loaf, among other things.

## PREPARATION:

- Boil the unpeeled, washed potatoes for about 20 to 25 minutes until soft (depending on size).
- Dice the pickles and place them in a bowl with a little cucumber water.
- Peel and finely dice the onions and add them to the bowl with the cucumbers.
- Pour some cold broth over it, season with vinegar, salt and pepper and mix well with chives or chopped parsley.
- Drain, peel and slice the cooked potatoes.
- As long as the potatoes are still warm, place them directly in the bowl and the vinegar marinade.
- For cold consumption, let the salad sit for at least one hour so that the potatoes have enough time to absorb the marinade.
- Important! Just before serving, add a little oil and mix the Bavarian potato salad again thoroughly. If the oil is added to the marinade right away, the potatoes will not be able to absorb it as well.

## INGREDIENTS FOR 4 SERVINGS:

- 1 kg of waxy potatoes
- 2 shallots (small red onions)
- 2 pickles and some cucumber water from the jar
- Some broth (vegetables or beef)
- 2 tbsp. apple cider vinegar
- Chives rolls or chopped parsley
- 2 tbsp. neutral oil (e.g. rapeseed oil or safflower oil)
- Salt and pepper

## VARIANT:

If you like it a bit more hearty, you can add bacon to the potato salad. Use 100 g of smoked bacon in one piece and cut it into small cubes. Briefly fry the cubes in a pan and then fold them into the potato salad.

# BAVARIAN SAUSAGE-SALAD

Bavarian sausage salad is a hearty snack that is best served with fresh Bavarian pretzels. The most important component in the Bavarian sausage salad is the Regensburg sausage.

The Bavarian sausage salad is often home-made, but is also offered ready to eat by many butchers.

## INGREDIENTS FOR 4 PERSONS:

- 8 Regensburg sausages
- 2 Bavarian pickles
- 2 large onions
- 4 tablespoons of vinegar
- 4 tablespoons of oil
- Salt, pepper, chives
- 1 pinch of sugar



## PREPARATION:

- Peel the skin off the Regensburg sausage and cut the sausage into slices.
- Peel the onions, cut into thin rings and mix with the sausage slices in a salad bowl.
- Mix a spicy marinade from oil, vinegar, freshly ground pepper, salt and a pinch of sugar.
- Pour the marinade over the sausage salad and mix in briefly.
- Bavarian sausage salad should sit covered in the refrigerator for at least 30 minutes.
- Just before serving, cut the chives into fine rolls and sprinkle them over the sausage salad.

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# Maximum service and optimal safety

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The Lell car dealership has been an authorized BMW dealer since 1982. At the time the youngest authorized BMW dealer, J.B. Lell founded his business as a small company, run by its proprietor.

Over the past 30 years, it quickly became an established point of contact in the northern Oberpfalz region. Today, there are Lell dealerships in six locations with more than 200 employees, four of them are BMW dealerships in the Oberpfalz and Upper Franconia regions. BMW and Mini dealerships are located in Schwandorf, Wunsiedel, Kümmersbruck and Weiden.

Just recently, the company was recognized for its excellent BMW repair services. All service processes were evaluated ranging from making an appointment, providing customer service to repair services. The Lell team achieved the amazing score of 99 percent.

Customer service and customer wishes are the number one priority at all Lell car dealerships. Lell's unique promise to the customer is to be fully committed to serving its customers while constantly optimizing its services. Lell car dealerships stand out because of their excellent service, customer-

oriented consulting, professionalism, dependability and customer trust. Our highly qualified employees always use the latest diagnostic and repair techniques for the maintenance and repair of your vehicle. Whether it is Smart Repair, rim repair or a complete make-over of your car to include tinting the windows: Lell's service team provides fair service combined with high expertise. If your car has to be in the shop for a longer period of time, Lell offers you several solutions to keep you mobile. You can either use the service of getting a replacement vehicle, also available with an automatic transmis-

sion, until your car is ready, or, if it's just a short repair, you wait at the car dealership while enjoying a coffee and free Wi-Fi access.

Getting car service or buying parts without having to pay taxes is especially attractive for customers since Lell accepts VAT forms. Additionally, you may pay with your credit card for your services directly at the car dealership.

## BMW M5

Mileage: 10.6l/100 km (combined)

CO2-emissions: 242 g/km (combined)



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