

BAVARIAN TIMES

News & Magazine for Grafenwoehr | Vilseck | Hohenfels

Yeah, it's for free



Volksfest Season: Your Ultimate Guide to Bavarian Spring

//Page 28

The Hidden History
of Grafenwoehr

//Page 13

American in Bavaria
Dictionary

//Page 35



THE STRONG HEALTHCARE GROUP FOR OUR REGION

A small selection of our departments:

- 24h emergency room
- Trauma surgery with certified trauma center
- Gynecological Department with Certified Breast Center
- Radiological diagnostics / interventional radiology / Neuroradiology
- Pediatric clinic
- Department of Neurosurgery
- Maternity ward and Perinatal center

With three hospitals, a geriatric care facility and several outpatient centers, Kliniken Nordoberpfalz is known as one of the most trusted and reliable healthcare facilities serving U.S. military communities all over Bavaria.

Weiden Clinic is the flagship of Kliniken Nordoberpfalz, with 22 state-of-the-art medical departments and 16 interdisciplinary expert centers. They continually invest in the most modern equipment and technologies to ensure the best possible quality of medical care. In addition, the new helipad does not

Medical Technology:

- Da-vinci-Xi-system
- hybrid operating room
- 2x CT (128 slides)
- 2x MRI (3,0 Tesla, 1,5 Tesla)

only allow for the most difficult type of German air rescue, but also for intensive care transports from dusk to dawn but also supports rapid air medical evacuation of U.S. soldiers to/from the hospital by Black Hawk MEDEVAC.

Our perinatal, neonatal intensive care and oncology departments are among the best in the region for performing complex medical procedures. Our specialized departments are equipped to provide you with the best care and treatment as your strong healthcare partner in the Nordoberpfalz, now and in the future!

PAGE 4	NEW CELL TOWERS ENHANCE CONNECTIVITY, BENEFIT ENVIRONMENT AT USAG BAVARIA	PAGE 38	CRACKING THE CODE: MASTERING THE GERMAN „PFAND“ SYSTEM
PAGE 6	OPERATIONAL READINESS TRAINING CENTER CONSTRUCTION HITS MILESTONE WITH GROUNDBREAKING	PAGE 40	READY FOR TAKEOFF? YOUR GUIDE TO CHEAP FLIGHTS IN EUROPE
PAGE 12	TIMBERWOLF TEAM, SCHMIDMÜHLEN LEADERSHIP REFLECT ON LONGSTANDING PARTNERSHIP	PAGE 42	THE 500-YEAR DETOUR: WHY ROTHENBURG IS STILL WORTH A VISIT
PAGE 18	DUTIES AND PENALTIES: FIRST AID, EMERGENCY LANE, WARNING TRIANGLE	PAGE 46	BAVARIAN RED: NAVIGATING STRAWBERRY & RHUBARB SEASON
PAGE 32	BAVARIAN TRADITIONS: THE MAYPOLE - MORE THAN JUST A TREE	PAGE 48	RECIPE IDEAS: WHITE ASPARAGUS & SIRLOIN STEAK

IMPRINT | Edition #01 | 04/2026, 1st Volume

A Publication of:

Oberpfalz Medien GmbH
 Weigelstraße 16, 92637 Weiden
 Internet: www.onetz.de | www.bavarian-times.com
 E-Mail: editor@bavarian-times.com

Advertising:

Ads: Ivana Zang (responsible)
Sales: Stefan Neulinger | Phone: 0961/85-592
 E-Mail: stefan.neulinger@bavarian-times.com
 Klaus Sporr | Phone: 0961/85-291
 E-Mail: klaus.sporr@bavarian-times.com

Circulation + Production

Circulation area: Grafenwoehr, Vilseck, Hohenfels
 Print: Ortmaier Druck GmbH
 Project management: Produktmanagement
 Oberpfalz Medien GmbH

Editorial

Editor: Matthias Plankl (responsible)
Design & Layout: Laura Wiesgickl-Urban, Ramona Hanisch
Cover picture: JoaoNalio – stock.adobe.com
Pictures: Adobe Stock



Go online and read more stories
www.bavarian-times.com

Follow us on

Social
 Media



Copyright for the content, unless indicated otherwise, lies with Oberpfalz Medien GmbH, Weiden. Full and partial reproduction require prior written permission. The publisher is not liable for unsolicited manuscripts and photos.

Photo Credit: ednorog13 – stock.adobe.com



JACKSON LEGAL
 Theresienstrasse 1
 80333 Munich
 Königsbergerstrasse 20a/b
 92637 Weiden
info@jacksonlegal.de
www.jacksonlegal.de
 Phone: +49 (0)89 20 500 85068

VERENA JACKSON

Attorney-at-Law | Rechtsanwältin

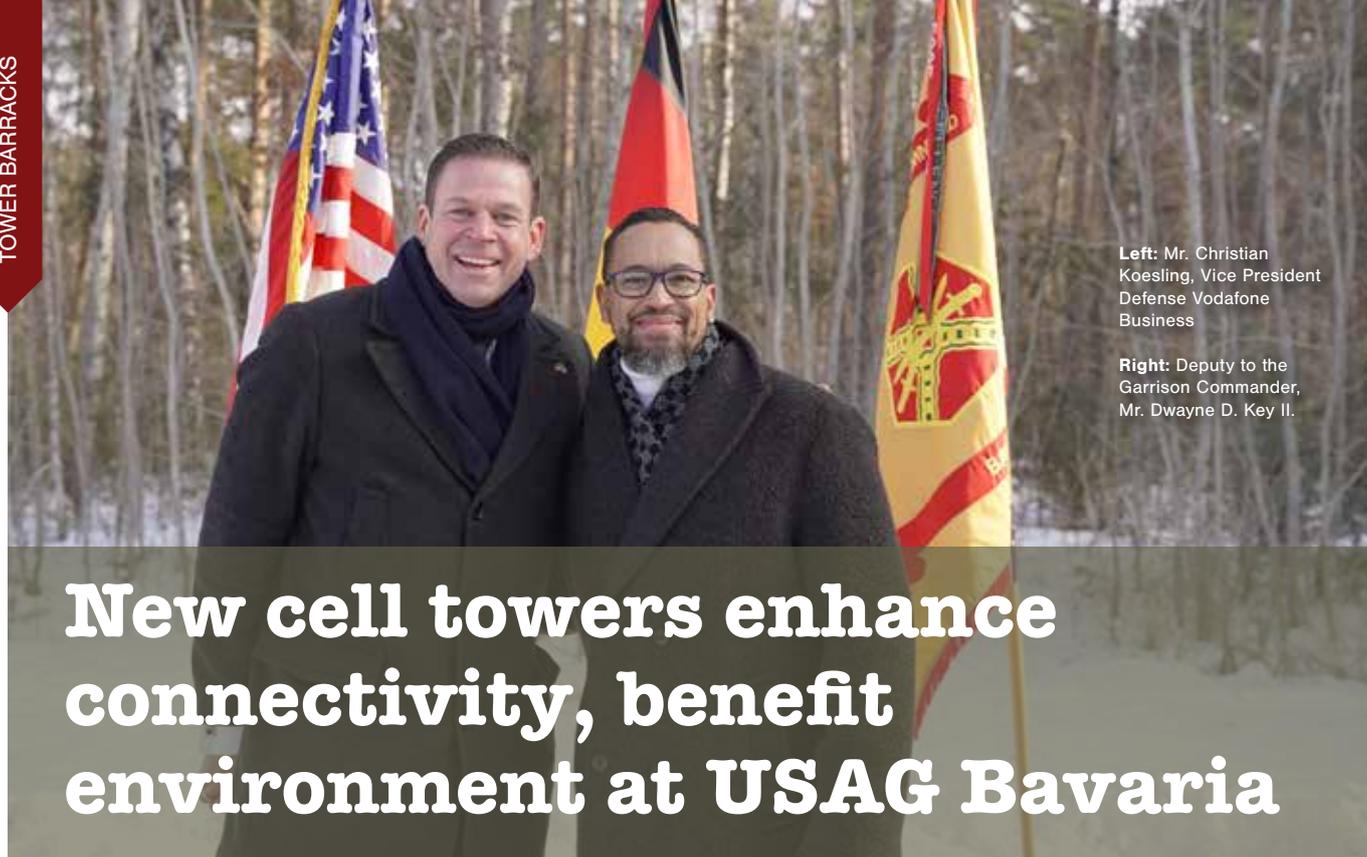
- Family Law (Paternity, Child Custody & Visitation Rights, Child Support & Alimony, Adoption, Divorce in Germany)
- Debt Collection, Garnishment and Involuntary Allotment
- Issues with Landlord
- Getting out of German Contracts when PCSing
- Traffic Violations
- Criminal Defense
- Immigration Law

We offer appointments for consultation also on Saturdays and via video conference!

Contact us by Phone or E-Mail.

También le asesoremos en español.





Left: Mr. Christian Koesling, Vice President Defense Vodafone Business

Right: Deputy to the Garrison Commander, Mr. Dwayne D. Key II.

New cell towers enhance connectivity, benefit environment at USAG Bavaria

TOWER BARRACKS, Germany – U.S. Army Garrison Bavaria officially activated seven new telecommunication towers with a ribbon-cutting ceremony Jan. 23, 2026.

The towers are set to significantly improve commercial network coverage at USAG Bavaria, enhancing both military operations and environmental sustainability.

The towers – four at Tower Barracks and in the Camps, one at Rose Barracks, and two at USAG Bavaria - Hohenfels – replace temporary solutions with permanent infrastructure. The upgrade ensures improved signal strength and faster data speeds, with the latest 5G technology and speeds exceeding 100 megabytes per second.

“With the installation of the new permanent cell towers across our installations, we are taking a major step forward in improving connectivity, reliability, and internet speed for our warfighters, civilian workforce, and mission partners who operate daily in our training areas,” said Dwayne D. Key II, deputy to the garrison commander.

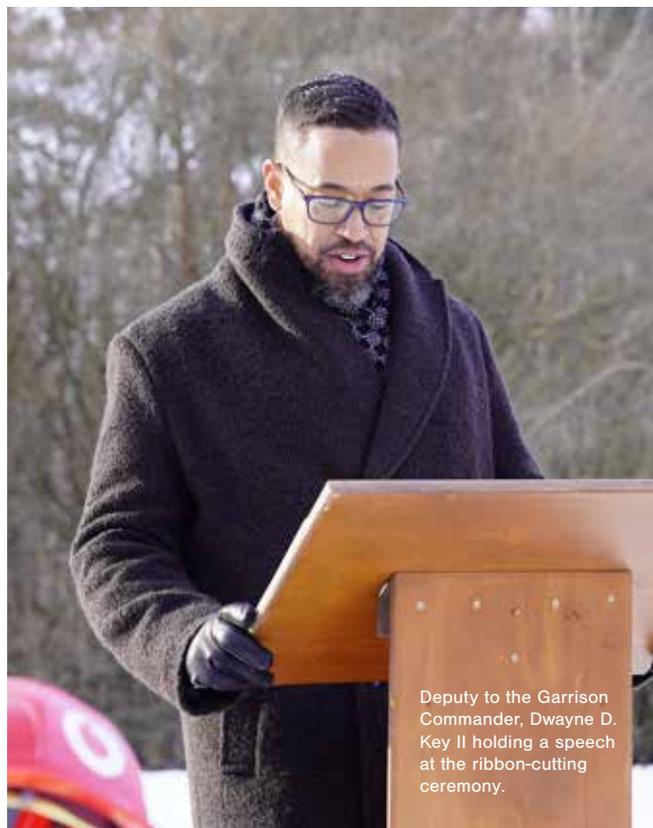
The new infrastructure will initially support the Vodafone network, with plans to support additional network providers in the future.

Beyond connectivity, the project also delivers environmental benefits. The operator accepted a proposal from USAG Bavaria to install a solar panel array at Tower Barracks, which will fully offset the energy consumed by the towers. The project is fully funded by the tower operator, including ongoing maintenance, with no cost to the Army.

“This is a win-win for the garrison and the environment,” said Collin Guy, director of Integrated Technology. “Cellular communications are critically important to our operations at USAG Bavaria, and we’re excited to deliver a much-needed quality-of-life improvement for those living and working on our installations. By the end of this project, USAG Bavaria will host one of the

most advanced 5G networks in southern Germany, all powered by renewable energy.”

The new towers mark a major step forward in modernization efforts, ensuring reliable communication while promoting energy sustainability at USAG Bavaria.



Deputy to the Garrison Commander, Dwayne D. Key II holding a speech at the ribbon-cutting ceremony.

| by **Andreas Kreuzer**,
USAG Bavaria Public Affairs

"FASCINATION CHESS" AT THE ROTMAIN-CENTER

EXPERIENCE CHESS FROM APRIL 9-12
- A SPECIAL SHOPPING EXPERIENCE ON OPEN SUNDAY

From April 9 - 12, 2026, the Rotmain-Center Bayreuth will be transformed into a true paradise for chess enthusiasts and those who want to become one. Under the motto "Fascination Chess," visitors can expect a diverse program centered around the time-honored strategy game. For four days, young and old alike can discover, experience, and actively participate in the world of chess in a unique way. At the heart of the event are interactive chess stations where those interested can demonstrate their skills or learn their first moves. Whether beginner, advanced, or experienced player – everyone is warmly invited to compete at the boards.

Chess Grandmaster Sebastian Siebrecht will be on hand to offer advice and assistance, providing helpful tips to help everyone improve their game.

The Rotmain-Center invites all chess enthusiasts and curious minds to discover the diversity of the game together. Stop by, let yourself be captivated by the magic of chess, and experience unforgettable moments full of excitement.



OPEN SUNDAY ON APRIL 12

The special highlight of the event is the Open Sunday on April 12. On this day, all shops in the center and downtown Bayreuth will be open from 1:00 p.m. to 6:00 pm.

In addition to extensive shopping opportunities, the center invites you to the highlight of the chess event. With a family tournament, the chance to beat the grandmaster, and the final of the Blitz Masters for the Rotmain Cup, there's something exciting for everyone.

The combination of shopping and a chess experience promises an unforgettable day for the whole family.

ROTMAIN-CENTER BAYREUTH

Center Manager: Fabian Paschl
Hohenzollernring 58, 95444 Bayreuth
Phone: 0921 764310 | Fax: 0921 76431-15
info@rotmain-center.de



FEEL THE POWER OF CHESS.

Play, learn, and be amazed at our major chess event.

The royal game captivates all ages.
Explore our lineup from April 9-12 and
join us live when it's time to say: **Checkmate!**

SUN., APRIL 12 1 - 6 PM

ROTMAIN-CENTER
BAYREUTH

Operational Readiness Training Center construction hits milestone with groundbreaking



The Operational Readiness Training Center groundbreaking marks a significant milestone celebrating the transition from foundational infrastructure to vertical construction.

TOWER BARRACKS, Germany – U.S. Army Garrison Bavaria reached a significant milestone in the development of the Operational Readiness Training Center with a groundbreaking ceremony Dec. 19, celebrating the transition from foundational infrastructure to vertical construction.

The construction of the ORTC complex began August 2023. A major milestone was recently achieved with the completion of the infrastructure backbone for the first and second battalion sets, including roads, utilities, and drainage systems, setting the stage for vertical construction.

With the foundational infrastructure complete, the groundbreaking ceremony officially started above-ground construction. The first phase of this includes a four-story barracks for more than 300 Soldiers—the first of 14 planned barracks—along with a heating plant, an area distribution node, a two-story officer quarters, and a physical fitness facility. This set of projects is expected to be completed by February 2029.

“As a Garrison Commander, it is a pleasure to see the garrison grow, improve, and enable warfighting readiness at such speed,” said Col. Stephen C. Flanagan, USAG Bavaria garrison commander. “The ORTC adds another outstanding facility complex to our premier training area that will better prepare our Soldiers for future conflicts and to defend the democracy and freedom we all hold dear.”

This multibillion-dollar program will enhance the readiness of U.S. and partner forces by replacing outdated 1950s facilities at Camps Aachen, Normandy, Algier, and Kasserine.

“This is all part of the overall program which exceeds a billion dollars of investment in operational readiness and training complex facilities that ultimately support 5,000 soldiers, expand our ability to do capacity for large scale training rotations, modernize this important power projection platform, improve quality of life for Soldiers in the process and ultimately strengthen U.S. and al-

lied readiness, interoperability and lethality,” said Col. Dan Kent, U.S. Army Corps of Engineers - Europe District, commander.

The ORTC program at USAG Bavaria is a testament to the strong German-American partnership and is advancing through a collaborative efforts to deliver high-quality facilities that strengthen U.S. and allied readiness.

“A massive complex effort like this can't be undertaken alone. It requires a dedicated team. I want to thank the team that's been instrumental in this project,” said Kent during his remarks.

This initiative is executed by partners including the U.S. Army Corps of Engineers - Europe District, the garrison's department of public works, the Bavarian State Construction Office Amberg-Sulzbach, the German Construction Administration, and various host nation companies.

“Today, just before Christmas and even before the year 2025 ends, we are celebrating the groundbreaking ceremony for the barracks of Phase 1,” said Elisabeth Buecherl-Beer, deputy chief of the State Construction Office, Amberg Sulzbach and chief building construction. “I sincerely wish the construction site success and an accident-free course. I wish us all Merry Christmas and a good and healthy new year with further exciting construction tasks. On that we build!”

| by **Natalie Simmel**



Col. Stephen C. Flanagan, U.S. Army Garrison Bavaria commander, provides remarks at the Operational Readiness Training Center Construction groundbreaking, Dec. 19, 2025.



MÖBELHOF



GRAND Opening Garden Season

Complete lounge set!

4-pieces

Opening-Price

1299,-

Your Advantage

23%

4-Piece Lounge Set

999,-

Garden furniture at unbeatable opening prices!

4-piece lounge set, matte white aluminum frame, outdoor fabric, teak armrests, consisting of: 2 lounge chairs (approx. 64x82x66 cm W/H/D), 2-seater bench (approx. 133x91x64 cm W/H/D), and table (approx. 95x70 cm), teak tabletop. 106919000.

All dimensions are approximate. Price for in-store pickup only while supplies last. Decorations not included. Subject to prior sale, technical changes, errors, and omissions.

Möbelhof Parsberg

Lindbergstr. 26
92331 Parsberg

We are here for you:

Mon. – Fri.: 10:00 a.m. – 7:00 p.m.
Sa.: 10:00 a.m. – 6:00 p.m.

www.moebelhof.de

... huge selection & super affordable!

MÖBELHOF

Parsberg
Ingolstadt

USAG Bavaria launches AER Campaign with CEO, former SMA Tony Grinston

TOWER BARRACKS, Germany – U.S. Army Garrison Bavaria kicked off its annual Army Emergency Relief campaign this year with special guest retired Sgt. Maj. of the Army Michael “Tony” Grinston, CEO of AER.

This year’s campaign runs from March 1 to June 14, the Army’s birthday and the official kickoff took place March 4 at Tower Barracks.

Established in 1942, AER is a nonprofit organization dedicated to supporting Soldiers, retired Soldiers and their Families through financial assistance. By providing grants, interest-free loans, and scholarships, AER helps alleviate financial hardships, address emergencies, and promote readiness, ensuring Soldiers and their Families can focus on their mission.

Grinston and his team visited Tower Barracks to engage key leaders as part of their efforts to raise awareness of AER’s mission, programs and impact, ensuring senior leaders are informed and equipped to advocate for and refer Soldiers and Families in need.

“I love my job,” Grinston said. “I love what I do, and I love helping Soldiers. Other than being the SMA, this is one of the coolest titles I’ve ever had. I want to be the best at what I do, and that means ensuring AER continues to bring stability and support to Soldiers and their Families.”

Grinston took on the role of CEO of AER in 2024. Before that he served 36 years of distinguished service in the U.S. Army, including his role as the 16th Sergeant Major of the Army. “It is an honor to have someone from AER Headquarters here for the annual kickoff, and you can tell that as CEO, he is totally behind the program, and you can feel the passion he brings to it,” said Patricia Mallard, Financial Readiness Program specialist, and Army Emergency Relief officer. “You can feel it is important to him to reach all levels, to sit down with leaders and Soldiers. You can feel he cares, which I believe will also have a positive impact on our campaign.”

AER’S MISSION AND IMPACT

AER provides assistance for emergency travel, rent and basic needs. Some lesser known support programs include Immigration Expenses, Career Skills and Spouse Recertification, first month rent and deposits, and emergency needs of Families affected by domestic violence.

Molly Sullivan, AER officer and personal financial readiness specialist at USAG Bavaria, explained the flexibility of AER’s support.

“AER provides a mix of grants and loans, depending on the Soldier’s need,” she said. “Loans never have fees and are always interest-free. AER does not conduct credit checks, and many assistance cases are processed on the same day. AER also offers scholarships to spouses and children of Soldiers.”

Last year, AER at USAG Bavaria helped 567 clients with more than \$1.1 million in assistance, including \$207,339 in grants and

\$919,911 in interest-free loans. Additionally, 27 Families received \$62,760 in scholarships for the 2025-2026 school year.

Recent improvements include transitioning emergency travel assistance to 100 percent grants and launching an online portal to streamline the application process. Assistance can be requested at <https://aerprod.powerappsportals.us/>.

STORIES OF SUPPORT

Sgt. Abisso Landrou with the 41st Field Artillery shared how AER helped him during a Family emergency.

“I got a Red Cross call from Togo, saying that my mom needs [cancer] surgery, and at that time, I was a (private first class),” he said. “I had no saving, no money. But my mom said she won’t get the surgery before she sees me because we did not know if she was going to make it. But they had to operate soon before it got worse.

“So at that time, I was confused,” Landrou continued. “I didn’t know what to do, I couldn’t focus on work and then my sergeant brought me to AER.”

AER helped finance the flight, rental car and hotel within a day. Landrou only had to pay back part of those costs in interest-free installment payments.

“My mom’s surgery went smooth, and then I got a chance to spend some time with her,” he said. “I came back to duty, refreshed, and could focus on my job again, and I did not have to stress [about money].”

Landrou added that AER also helped bring his wife and son from abroad.

“This is a program for us Soldiers,” he said. “Emergencies happen; don’t hesitate. If you need, go seek help. It’s better to go to AER than to get a loan from a bank. That’s my message to my Soldiers.”

Another recipient, Tristain Troy Nelson, Army spouse and prior service member, recounted how AER helped him and his wife travel to see his father in the intensive care unit.

“My dad was already in the ICU [...] and we got the phone call that this will be the last chance to talk to him,” Nelson said. “So I panicked, and my wife brought up AER. We went through the paperwork, called Red Cross, then we talked to AER, and within a matter of three hours they paid for a full flight for both of us to go home.

“All those times you did donate and they always said ‘You never know when you may need to use it or someone next to you may need to use it,’ they were right,” Nelson said.

He now works at AAFES, one of the donation partners of AER, as a customer sales clerk.

Retired Sgt. Maj. of the Army Michael 'Tony' Grinston participating in a ceremonial cake cutting.



Chief Executive Officer of AER and retired Sgt. Maj. of the Army Michael "Tony" Grinston talks to Soldiers about Army Emergency Relief at the AER kickoff event March 4, 2026, at the Dining Facility on Tower Barracks.



"It's very special because now I am at the other end where I can actually help get those donations." Why community members should support, Soldiers should give AER relies entirely on donations from Soldiers, retirees and supporters.

"It's about the young Family that needs help with childcare," said Grinston during an AFN radio interview. "It's about the Soldier whose child had cancer and needed that portable suction machine ... we provided them [with financial assistance so] we could take that stress.

"We are only a donation-based organization," Grinston continued. "We get no appropriated funds. Even if it's just \$1 or \$10 a month, it's about showing that you believe in helping Soldiers as much as we do."

Contributing to AER directly supports service members facing challenges, ensuring they receive necessary assistance during difficult times.

"That dollar that you give is saving somebody's life somewhere," Landrou said. "Even if it's not you personally, it's helping somebody that you work with, somebody that you've been here with, somebody that you know, since the Army is a big Family. So a little is still good. It's still helping out."

"Just donating a dollar here and there, it really does make a difference." said Nelson. "A dollar here and there really does add up if a whole company, a whole battalion, a whole brigade, does it. I believe the math checks out."

HOW TO DONATE

Community members can donate during checkout at AA-FES and online through AER's website at <https://www.armyemergencyrelief.org/donate/>.

| by **Natalie Simmel**

Photo Credit: Natalie Simmel (2)

Photo Credit: Paula Edwards, USAG Bavaria

Sun – Vitamin D – Relaxing – Recreation



Mo. – Fr. 8 am – 8 pm
Sat./Sun./Holiday 9 am – 8 pm

Sonnenstudio Grafenwoehr
Alte Amberger Str. 35

Ubon
THAI MASSAGE



Voucher

Alte Amberger Str. 16,
92655 Grafenwoehr

Opening hours
Monday through Saturday
10 a.m. – 8 p.m.
We are closed on Sundays
and holidays.



Phone:
+49 9641 9261859
Cell phone:
+49 176 7581 0080

For:

in the value of:

Date:



Signature:

NEWS BRIEFS: Our Garrison in Pictures

At a Glance: Key Updates from U.S. Army Garrison Bavaria

A compact overview of the latest events at U.S. Army Garrison Bavaria – captured in pictures. From community events to military news: Our news briefs inform you about what's happening at the garrison.

| by **Editor**



From Guten Tag to Gemeinschaft: USAG Bavaria supports German language integration

HOHENFELS, Germany – English-speaking members of U.S. Army Garrison Bavaria find themselves in an envious – albeit daunting – position: living in the land of the not-so-distant cousin language of German. Twain in his essay “That Awful German Language” propounds upon the German language’s many difficulties – the gendering of its nouns, declensions of nouns based on grammatical case, cumbrously long concatenations of words into new words, and terminal placement of verbs.

Photo Credit: frank peters – stock.adobe.com

30 YEARS SPARRER REAL ESTATE

EXPERIENCE YOU CAN TRUST.

Looking to buy, sell or rent in Germany? Whether you’re searching for your dream home, planning to sell a property, or need a trusted partner for property management – Immobilien Sparrer is your reliable real estate expert with years of experience and personalized service.

- Expert support for rentals, sales & property management
- Personalized service tailored to your needs
- Trusted expertise for 30 years

Discover more:

www.immobilien-sparrer.com

SPARRER
IMMOBILIEN

ivd Member of IVD –
the German Real
Estate Association



CONTACT US FOR PERSONALIZED ADVICE.

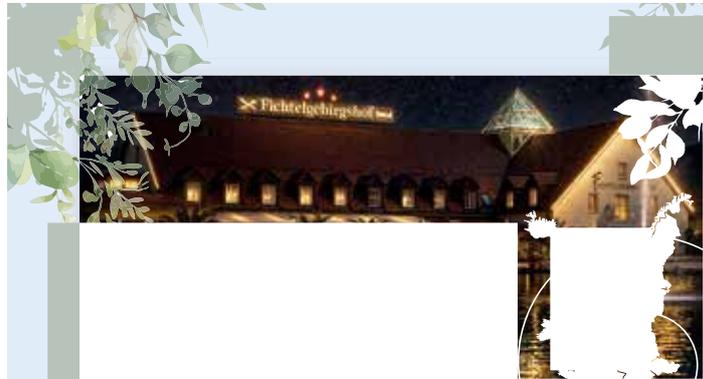
Max-Reger-Straße 16, 92637 Weiden
Im City Center, Turm C, IV. OG

Phone: +49 (0) 961/61220
info@immobilien-sparrer.com





Photo Credit: Ella Haender, USAG Bavaria Public Affairs



▲ Contestants from all over Germany showed off their strength and dedication at the annual Installation Management Command – Europe Powerlifting Championship Dec. 13, 2025 at Tower Barracks. The first Powerlifting Event was held in 1999 and this event has since become a big part of U.S. Army Garrison Bavaria's culture.

Timberwolf team, Schmidmühlen leadership reflect on longstanding partnership

SCHMIDMÜHLEN, Germany – In a show of friendship, the Timberwolf team of the Joint Multinational Readiness Center presented the mayor of Markt Schmidmühlen a plaque Jan. 28, 2026 at the town hall as a token of appreciation for the team's and community's longstanding partnership.

Peter Braun, Schmidmühlen's mayor, likewise presented Lt. Col. James R. Siebert, commander of the Timberwolves, a Bavarian baseball cap.

"We enjoy the relationship, and obviously the partnership of our team with mayors like yourself," said Siebert. "It makes us comfortable and makes it feel like a second home."

The Timberwolf team took the opportunity to thank Braun, who decided not to run for reelection and whose tenure as mayor thus ends this year.

Braun expressed his wish that the Soldiers of the Timberwolf team would be able to visit the town during the upcoming Kindefest.

After chatting in the mayor's office, Braun led the group on a tour of the historic Rathaus building, showing the Soldiers models of the town and St. Georg Church, some historic outfits in the frescoed upper floors of the building.

"The partnership has been resolute for many years between our team and the community," said Siebert. "We had a number of Timberwolves on our team live in the community itself. I think the mayor has just done a great job of offering us a home away from home."

"The relationship that Schmidmühlen and the Timberwolves have built have made it really easy to make everyone feel like you're part of the community," said Master Sgt. William R. Piwowarski, Timberwolves scout platoon observer-controller / trainer.

Lt. Col. Andrew J. Heath, the executive officer for the Timberwolf team, has lived in Schmidmühlen for a year and half.

"You can tell this is a tight-knit community and people look out for one another," he said. "I see every neighbor helping every other neighbor out."

Heath added that the Schmidmühlen community has further welcomed new neighbors and helped others as American military life naturally transitioned new community members and others out every few years.

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

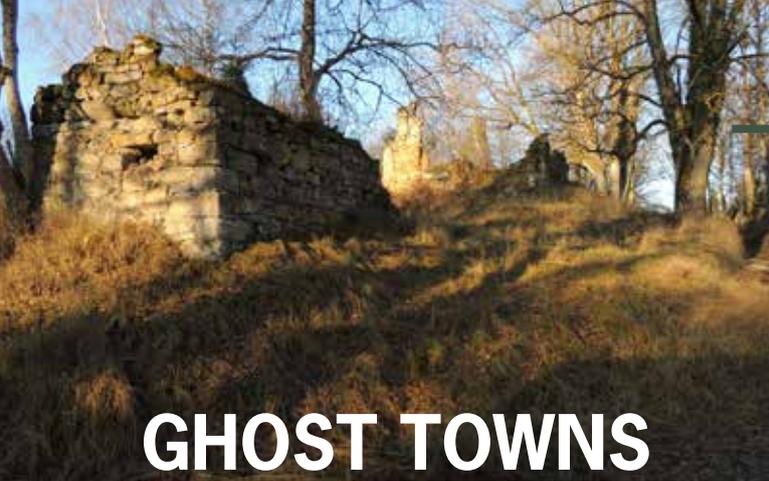
Photo Credit: Bryan Gatchell (2)



Mayor Peter Braun, center, points out a model of part of the town of Schmidmühlen to leadership of the Timberwolf team, Joint Multinational Readiness Center. In a show of friendship, the Timberwolf team of the Joint Multinational Readiness Center presented the mayor of Markt Schmidmühlen a plaque Jan. 28, 2026 at the town hall as a token of appreciation for the team's and community's longstanding partnership.



Mayor Peter Braun, right, talks with Maj. Benjamin D. Talbot, deputy task force observer-controller / trainer, and other leaders of the Timberwolf team, Joint Multinational Readiness Center. In a show of friendship, the Timberwolf team of the Joint Multinational Readiness Center presented the mayor of Markt Schmidmühlen a plaque Jan. 28, 2026 at the town hall as a token of appreciation for the team's and community's longstanding partnership. (Bryan Gatchell)



GHOST TOWNS OF THE TRAINING AREA: THE HIDDEN HISTORY OF GRAFENWOEHR

WHY THOSE OLD FOUNDATIONS AND FRUIT TREES ON THE TRAINING AREA ARE MORE THAN JUST LANDMARKS.

GRAFENWOEHR, Germany – Between 1907 and 1910, around 250 residents from ten farms and hamlets had to make way for the construction of the Bavarian artillery firing range. The far greater upheaval occurred during the Nazi era: 3,500 people from 58 villages were resettled to expand the training area to its current size.

While the initial resettlement around 1910 proceeded relatively smoothly – the barren soil south of Grafenwoehr was hardly fertile – this changed with the Nazi seizure of power in 1933. The Third Reich was seeking larger training areas for new weapons systems. The decision to expand westward was made quickly. Under pressure from the Reich Resettlement Company (RUGES), the resettlement took place in 1937/38. Although the families received financial compensation or new farms, the loss of their ancestral land was a heavy blow. The loss of the social fabric, the churches, and the graves of their ancestors was a profound shock, especially for the older generation.

Today, the Grafenwoehr Military Museum and the works of authors like Eckehart Griesbach keep the memory of these former villages alive. A black-and-white film by teacher Paul Huber from 1938 also vividly documents life in Haag at that time.

In the landscape itself, only a few remnants of walls, cellars, and overgrown fruit trees bear witness to the once-thriving villages. After the war, the ruins often served as a source of building materials or deteriorated further due to weathering and deliberate demolition. Of the three largest villages—Hopfenohe, Pappenberg, and Haag—only fragments remain. Visible reminders of the past are the restored Haag cemetery and the ruins of Hopfenohe Church, located on the European Watershed.

| by Gerald Morgenstern

Only a few remnants of walls remain today to bear witness to the once-thriving villages, like Hebersreuth here.



Haag was the largest municipality in the expansion area of the training area.

A MUST-READ FOR USAG BAVARIA: A BILINGUAL LOOK AT THE US ARMY'S HOME IN BAVARIA

"Grafenwoehr Training Area, Yesterday – Today – Edition 2024" is the title of the bilingual book by retired German Sgt. Major Gerald Morgenstern. The 288-page book, with more than 800 photos, not only presents the history of the training area since 1910 but also explores the development of the training area in recent times. The book also features comments from U.S. Army commanders and documents the development of Hohenfels Training Area and dedicates a separate, extensive chapter to the abandoned villages of the region. "Grafenwoehr Training Area, Yesterday - Today - Edition 2024" is available in bookstores, in the military museum and at various sales locations on and off post. More information can be found, and online orders can be placed on the Facebook page "Grafenwoehr Training Area Book."



Photo Credit: Gerald Morgenstern (3)



Your specialist for
shoe insoles • compression stockings
breast prostheses and bras • wheelchairs



Marienstraße 6 • 92224 Amberg
Phone 09621/15269 • www.san-lange.de

A HORMONE DETERMINES HOW BAD A HANGOVER WILL BE

WHY PRETZELS AND HERRING REALLY HELP

(DJD). Whether it's a raucous birthday party or an anniversary celebration, alcohol is an integral part of social occasions for many. While the evening is characterized by a lively atmosphere, the next morning often brings a sobering reality check. You feel dehydrated, your head is pounding, and loud noises are exhausting: Hello, hangover! But it can be tamed.

HOW ALCOHOL DISRUPTS FLUID BALANCE

Anyone who wants to know how to combat a hangover should understand how it develops. Alcohol significantly affects the body's fluid balance. Normally, the so-called antidiuretic hormone ensures that water is reabsorbed from the small urinary tubules in the kidneys. However, alcohol inhibits the release of this hormone. As a result, the body excretes more fluid than usual. Along with the water loss, important electrolytes, including salt, are also lost. This explains the pronounced thirst the morning after, as well as the craving for salty foods. The body is signaling that its mineral balance is disrupted. It would be fundamentally wrong to quench this thirst with more glasses of beer or wine, as this would lead to further hormonal imbalances and corresponding fluid loss.

WHAT'S GOOD FOR THE BODY NOW

To compensate for fluid loss, water or diluted fruit juices are particularly suitable. Sodium-rich foods replenish the body's minerals: Tomato juice with a little salt, pickled herring, or snacks like pretzels can help stabilize the electrolyte balance. At the same time, drinking enough fluids supports regeneration, and the headache subsides.

RECOVERY FOR THE HEAD AND CIRCULATORY SYSTEM

The headache has another cause: When consuming alcohol, fluid also accumulates in the nerve cells of the brain, causing them to swell. Here, too, increased salt intake helps to normalize the fluid distribution in the body. Combined with plenty of fluids and fresh air, this gets most people back on their feet quickly.

Photo Credit: DJD/VKS/Getty Images/Antonio Diaz



Dr. med. Tobias Riedl

Obstetrics and Gynecology
DEGUM II

Dr. med. Silvia Suttner

Obstetrics and Gynecology
Special Obstetrics and Perinatology
DEGUM II

MUDr. Eliska Carlzon

Obstetrics and Gynecology

Rossmarkt 13 - 92224 Amberg

Phone & Whatsapp: 09621/23915

E-Mail: info@dr-riedl.com | Web: www.dr-riedl.com

Tricare Provider



09621/23915
during office hours



praxis.riedl



www.facebook.com/riedl.obgyn



ALCOHOL ABUSE

WHY ENJOYMENT QUICKLY BECOMES DANGEROUS – AND THERE IS NO HEALTHY AMOUNT

(DJD). Whether at a barbecue, a party, or with colleagues – a glass of wine or beer is simply part of life for many Germans and an established social norm. The line between enjoyment and problematic consumption is often blurred – and is underestimated by many. Consumption is particularly high in Germany: On average, every German citizen consumes more than ten liters of pure alcohol per year – significantly more than, for example, in Italy (7.7 liters), Sweden (7.5 liters), or Greece (6.3 liters).

THERE IS NO HEALTHY AMOUNT OF CONSUMPTION

The World Health Organization warns that even small amounts of alcohol can be harmful to your health. "The often-cited 'healthy glass of red wine' is also a myth. Previous studies on this have since been clearly refuted," explains Juliane Mentz, press spokesperson for IKK classic insurance. To raise awareness of this issue, the health insurance company offers, among other things, the online course "Health-Conscious Use of Alcohol"—free of charge for insured members who have not yet completed two prevention courses this year. "In addition, we subsidize two certified health courses per year with up to 90 euros, for example, on topics such as stress management, nutrition, or exercise," says Mentz.

HARMFUL CONSEQUENCES

One thing is clear: alcohol acts as a cellular and a neurotoxin and can damage many organs—especially the liver, the cardiovascular system, the brain, and the immune system. The risk of developing various types of cancer also demonstrably increases. Mental illnesses such as depression or anxiety disorders are exacerbated by regular consumption. Despite these dangers, alcohol is often downplayed—not least due to persistent myths. For example, the order in which beer and wine are consumed is said to determine the hangover, or that spirits warm the body. The truth is that only the quantity matters. And alcohol cools the body, quickly impairing perception and judgment – even if it initially makes you feel more relaxed.



TIPS FOR ALCOHOL CONSUMPTION

A conscious approach to alcohol can significantly reduce health risks. The following recommendations are helpful:

- Avoid alcohol consumption altogether if possible, or at least reduce it to a minimum, as even small amounts are considered problematic.
- Regularly schedule alcohol-free periods to allow the body to recover and to reflect on your own consumption habits.
- Keep particularly vulnerable groups in mind, such as young people, pregnant women, or people with mental health conditions – even small amounts can have serious consequences for them.



Photo Credit: pappa | Gaston – stock.adobe.com



VILLA VITALIS

Obstetrics and Gynecology
DEGUM II Tricare Provider

VILLA VITALIS MVZ

Medical Directors: Dieter Erlbeck, Dr. med. Sarah Hahne

Parsberg – Regensburg – Burglengenfeld –
Tegernheim – Schwandorf

Phones: 09471 702 620 or 09492600 1930
termin@villavitalis.info

Appointments:



www.villavitalis.info



VITAMIN B12 DEFICIENCY AS A SIDE EFFECT

RECOGNIZING AND CORRECTING THIS UNDERESTIMATED NUTRIENT DEFICIENCY

(DJD). It is well known that medications can have undesirable side effects in addition to their desired ones. For example, acid blockers or the diabetes medication metformin can trigger a vitamin B12 deficiency with long-term use. This nutrient deficiency is often underestimated, even though blood disorders and nerve damage are among its possible consequences. Those affected may notice the latter, for example, by feeling unsteady on their feet, having difficulty concentrating, or experiencing depressive moods. Fatigue and exhaustion are also among the possible symptoms of a B12 deficiency.

MEDICATIONS AND DEFICIENCY SYMPTOMS

These consequences can occur because vitamin B12 is not properly absorbed in the gastrointestinal tract due to the influence of these medications. Acid blockers, which are frequently taken, for example, to protect the stomach or for heartburn, reduce stomach acid production. However, this acid is needed to dissolve the vit-

amin from food. The active ingredient metformin reduces the absorption of vitamin B12 in the intestines, leading to a deficiency in up to 30 percent of diabetes patients who take the medication to lower their blood sugar levels. The resulting nerve damage can easily be mistaken for a consequence of the diabetes itself. The Parkinson's medication L-Dopa is another active ingredient that can negatively affect vitamin B12 levels in the body.

EARLY DETECTION AND CORRECTION

A vitamin B12 deficiency can be corrected with sufficiently high-dose supplements. Studies have shown that a daily dose of 1,000 micrograms of vitamin B12, such as that contained in B12 AnkerMann, which is available without a prescription at pharmacies, is effective.

Regular, ideally annual, monitoring of vitamin B12 levels by a doctor is particularly advisable if the relevant medications are taken over a longer period. This allows deficiency symptoms to be detected and treated early.



This is what we stand for

Humanity, quality and being close to the patient
Reliability, competence and professionalism
Innovation and transparency of costs



This is what we do

- Prophylaxis and dental hygiene
- Digital workflow without long-lasting impressions
- Dental dam technique
- Composite fillings
- Bleaching
- Implantology
- Veneers
- Root canal therapy with surgical microscope
- Periodontal treatment
- Functional therapy
- Sport performance splints and mouthguards
- Pediatric dentistry

Feel free to call us for a prompt appointment. For more detailed information visit our homepage.



Dr. Julius Sparrer

Praxis für Zahnheilkunde
TOPD – Tricare Oconus Preferred Dentist
Bahnhofstraße 21
92690 Pressath
Tel.: 09644 - 8150 | Fax.: 09644 - 8190
info@zahnarzt-sparrer.de | www.zahnarzt-sparrer.de

Practice Opening Hours

Monday 8:30 a.m. – 12:30 p.m. and 5:00 p.m. – 8:00 p.m.
Tuesday 8:30 a.m. – 12:30 p.m. and 2:00 p.m. – 5:00 p.m.
Wednesday 8:30 a.m. – 2:00 p.m.
Thursday 8:30 a.m. – 12:30 p.m. and 2:00 p.m. – 6:00 p.m.
Friday 8:30 a.m. – 2:00 p.m.

DECLUTTER AND OPTIMIZE: YOUR HOME MEDICINE CABINET CHECK



(DJD). A sudden fever in the night, a sprained ankle on the weekend, or stomach problems after dinner: Minor emergencies rarely come at a convenient time. Having a well-organized, up-to-date, and family-tailored medicine cabinet readily available saves time and unnecessary trips in an emergency. However, many cabinets contain expired medications, duplicates, or missing essential items. The contents should be checked at least twice a year, ideally in spring and fall. Expired medications should be disposed of, opened medications checked, and everything stored in a cool, dry, and child-proof location.

MEDICATIONS FOR CHILDREN AND ALLERGY SUFFERERS

The contents should also be tailored to the people in the household. Families need child-friendly medications, allergy sufferers need appropriate preparations, and older people often require additional medications for long-term use. Many tried-and-tested active ingredients are available as affordable gene-

WHAT EVERY HOUSEHOLD SHOULD HAVE, DEPENDING ON YOUR LIFE SITUATION

rics. Doctors and pharmacists can provide expert advice on this.

PAIN RELIEVERS, COLD REMEDIES, AND MORE.

A basic home medicine cabinet should contain pain relievers and fever reducers such as ibuprofen or paracetamol – ideally in appropriate dosages for adults and children. Information on the correct use of such medications can be found on information portals such as www.adgc.de in the "Useful Information" section. It's also useful to have medications for cold symptoms, such as decongestant nasal sprays or cough suppressants, as well as for common gastrointestinal problems like diarrhea, constipation, or heartburn.

FIRST AID SUPPLIES FOR EMERGENCIES.

For minor injuries, disinfectants, band aids in various sizes, sterile compresses, bandages, and a wound-healing ointment should be readily available. Cooling or warming packs and gels for bruises or sprains can also be helpful in everyday life. A digital thermometer, dosing aids for children's medications, and a list of important emergency numbers are also practical items. Depending on the season, it's worthwhile to adjust your home medicine cabinet accordingly – for example, with antihistamines in spring or electrolyte solutions and insect repellent gel in summer. Planning ahead means you're well-prepared when it matters most.

Photo Credit: kim hana – stock.adobe.com



Healthy, happy, beautiful smiles!

Orthodontics for children and adults
Complimentary initial consultation



IRIS ERDELL
DDS, MS
ORTHODONTICS

Bürgermeister-Prechtl-Straße 2 · 92637 Weiden
Phone 0961 | 41 99 88 · Fax 0961 | 41 99 89

info@kfo-praxis-weiden.de
kfo-praxis-weiden.de

BRACES AND INVISALIGN

DUTIES AND PENALTIES

FIRST AID, EMERGENCY LANE, WARNING TRIANGLE:

WHAT ROAD USERS SHOULD KNOW

(DJD). Driving school was a long time ago for most people. Providing first aid, forming an emergency lane, carrying a warning triangle: These terms are well known, but what do they mean in concrete terms and what happens if you break the rules?

FIRST AID CAN SAVE LIVES

How an accident victim fares depends to a large extent on whether they receive early and continuous help. First responders can save lives. At the same time, first aid is a statutory obligation. "Everyone in Germany is obliged to take all measures that can contribute to rescuing an accident victim without extensive medical knowledge," explains Frank Preidel, specialist lawyer for traffic law at the Preidel.Burmester law firm in Hanover and partner lawyer at Roland Rechtsschutz. First and foremost, this includes making an emergency call – in addition, for example, securing the scene of the accident, stopping bleeding or putting the victim in a stable side position. "Of course, the person helping should not put their life in danger during the measures," said Preidel. Anyone who fails to provide help in emergency situations, although this is necessary and possible, will be punished with three points in the German Traffic Register in Flensburg, a fine or imprisonment for up to one year: "There is also a risk of a driving ban or the withdrawal of the driver's license."

RAPID MEDICAL CARE THANKS TO THE EMERGENCY LANE

The formation of an emergency lane is mandatory when out-of-town traffic begins to slow down or a traffic jam has arisen. "A rescue lane is a free lane that is formed on two-lane roads in the middle of the two lanes. With three or more lanes, the law in Germany, Austria and Switzerland specifies this lane to be formed between the one furthest to the left and the lane to its right," explains Preidel. The emergency lane may be used almost exclusively by the police, fire brigade, rescue service, emergency doctor or towing company. "Other vehicles are not allowed to drive in it under any circumstances. Anyone who does not follow the rules will be given a one-month driving ban as well as two points in the traffic register in Flensburg and a fine of between 200 and 320 euros," said Preidel.

CARRYING FIRST-AID EQUIPMENT IS REQUIRED BY LAW

Warning triangle, safety vest and first-aid kit must always be carried in the car. "If the equipment is missing, vehicle owners have to pay a warning fee of five to 15 euros," explains Preidel. Although only one warning vest per car is required by law, it is advisable to have one vest per passenger to ensure the best possible protection.

**ENGLISH
SPEAKING
OWNER AND STAFF
AVAILABLE!**

AUTOHAUS
SEGERER
GMBH



LINCOLN



- US SPECIFICATION VEHICLES
- SCHEDULED MAINTENANCE CLAIMS ESTIMATES & REPAIRS
- WARRANTY WORK
- PAINT & BODY WORK
- TOWING SERVICE
- AIR CONDITIONING SERVICE
- TIRES & 4-WHEEL ALIGNMENT
- PARTS
- OFFICIAL USAA REPAIR FACILITY
- RENTAL CARS



**WSA
Shipping
Agency**

Local Agent for
Hohenfels,
Vilseck and
Grafenwoehr.
Shipping from
and to the
United States

Opening Hours:

Monday - Friday
8 am - 6 pm
Saturday
8 am - 12 pm

Autohaus Segerer GmbH
Am Anger 2 · 92287 Schmidmühlen
Phone +49 - 9474 - 951 79 40
Fax +49 - 9474 - 951 794 40
Mobile +49 - 170 - 33 15 118
Email info@ford-segerer.de

www.ford-segerer.de

6 Tips

FOR STAYING SAFE ON YOUR MOTORCYCLE

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 six tips to help you do just that.

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. 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



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.

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.

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 **Military OneSource**

POV INSPECTION?
SCAN QR OR CALL
09645-3539746!



**TÜV SÜD Service-Center
Eschenbach**
Kirchentumbacher Straße 34a
92676 Eschenbach



OUR SERVICES

- Routine maintenance
- Repairs of all auto brands (no warranty loss)
- Tire service
- Air conditioning system service
- Vehicle inspection/ emissions testing
- Parts sales
- Smart Repair
- Hail damage
- ... and much more!

KFZ-Rupprecht

Your all around service
in Grafenwoehr

PAINT SHOP

We paint everything
(Incl. designs &
special paint jobs)

ACCIDENT?

No problem –
we help!

Interested? Then stop by

Beim Flugplatz 14 | 92655 Grafenwoehr
Phone: 09641/9290909 | facebook.com/KfzRupprecht



THE BMW Z4 FINAL EDITION:

Since 2002, the BMW Z4 has defined the modern roadster experience through classic proportions and purist dynamics. To celebrate the conclusion of this iconic model's production, BMW has announced the **Z4 Final Edition**. This special Z4 M40i commemorates the end of the two-seat roadster era with exclusive design elements and a high-performance configuration. Produced in strictly limited numbers from **February to April 2026**, the Final Edition is offered in a single, premium specification. Customers need only choose between a **6-speed manual** or an **8-speed Steptronic** transmission. The MSRP is set at **\$77,500** (plus \$1,175 destination and handling).

EXCLUSIVE DESIGN: STEALTH AND SOPHISTICATION

The Final Edition is instantly recognizable by its **BMW Individual Frozen Black metallic** paint. This matte finish is complemented by the **Shadowline Package**, adding high-gloss black accents to the kidney grille, mirror caps, and exhaust finishers.

Key exterior highlights include:

- **Moonlight Black** soft top.
- **M Sport brakes** with striking red calipers.
- **Staggered wheels:** 19-inch M Dual-Spoke Bicolor 800M wheels at the front (255/35 R19) and 20-inch wheels at the rear (285/30 R20).

PURIST PERFORMANCE

For those selecting the manual transmission, BMW includes the specialized chassis tuning from the Edition Handschalter package. This includes:

- Reinforced anti-roll bar clamps and unique auxiliary springs.
- Reconfigured software for the **variable sport steering** and electronic rear dampers.
- Specific control logic for the **M Sport differential** and traction control.

INTERIOR CRAFTSMANSHIP

The cabin features a driver-focused design with **Vernasca Leather and Alcantara M Sport** seats. A "common thread" of red contrast stitching runs throughout the instrument panel and center console. To

mark its significance, the door sill plates are inscribed with "**Z4 FINAL EDITION**," while the seatbelts sport the signature M tri-color.

A LEGACY OF OPEN-TOP EXCELLENCE

The Z4 Final Edition stands on the shoulders of three generations of automotive history:

1. **First Generation (E85, 2002):** Succeeding the Z3, the original Z4 set benchmarks for torsional stiffness and 50/50 weight distribution. The range-topping M Roadster, powered by the 330 hp engine from the E46 M3, could hit 60 mph in under 5.0 seconds.
2. **Second Generation (E89, 2008):** This iteration introduced a premium electro-hydraulic retractable hardtop, blending roadster thrills with the refined comfort of a coupe. It also marked the debut of the iDrive system in the Z4 lineup.
3. **Third Generation (G29, 2018):** Returning to a classic fabric soft-top, the current Z4 focuses on modern connectivity and sharp handling. The M40i's 3.0-liter straight-six remains a segment standout, especially with the 2024 reintroduction of the manual gearbox.

The **Z4 Final Edition** serves as the ultimate tribute to this lineage, blending twenty-four years of engineering passion into one final, collectible package. (BMW USA)

A GRAND FINALE





WELCOME TO J.B. LELL CAR DEALERSHIPS

Your EXPERT center for BMW brands.

Over the past years, Autohaus J.B. Lell has experienced healthy growth and expansion, driven by our commitment to quality and innovation. We have not only invested in top-qualified employees but have also continually broadened our range of products and services. Today, our dealerships in Schwandorf, Kümmerbruck, Weiden, Wunsiedel, and the MINI Haus in Schwandorf proudly carry the LELL name, standing as pillars of excellence in the automotive world.

The highlight of our modernization journey is the newly completed dealership in Schwandorf. Spanning along Industriestraße, it now includes a dedicated

BMW ALPINA area that invites you to experience driving pleasure, innovation, and sheer confidence. Every detail has been designed to ignite your enthusiasm for automotive excellence.

In line with the future of mobility, our dealership is also home to a BMW i showroom, complete with the necessary charging infrastructure. Our team of BMW i specialists is fully trained to provide expert advice on the cutting-edge world of electric mobility. We invite you to experience this new era of premium and innovation firsthand. While our business has evolved over 40 years, one thing remains unchanged: Lell's dedica-

tion to providing exceptional customer service.

For us, your needs and desires always come first. Our dealerships represent a unique value proposition – outstanding service, personalized advice, and unwavering professionalism. We are constantly striving to exceed your expectations and enhance your experience. Thanks to our company's growth, our team now includes over 200 highly qualified professionals, ready to serve both local and international customers. For our international clientele, we offer English-speaking staff to ensure the same high level of service. Our priority is simple: meeting

and exceeding the expectations of all our customers.

Our dealerships are equipped with state-of-the-art workshops, always feature the latest vehicle models, and offer exclusive promotions and events. Lell is more than just a car dealership – it's a hub for automotive enthusiasts, a place where customers, employees, and BMW fans come together to share their passion. Whether you're looking for BMW, BMW M, BMW i, or MINI, we are here to turn your automotive dreams into reality.

www.ell-bmw.de



THIS SERVICE KEEPS YOU ON THE RIGHT TRACK.

In the Autohaus Lell car dealership our employees always provide you with reliable service and top level professionalism so that you can enjoy unlimited driving pleasure. Our qualified English speaking service consultants Mr Hartmann and Mr Pyka are available to help you at our dealerships in both Weiden and Kümmerbruck.

WHAT THE LELL SERVICE PACKAGE INCLUDES FOR YOU.

- Good, fair service
- Competent consultants
- Service replacement vehicle
- Full vehicle preparation
- Window tinting
- Smart Repair
- Rim repair
- Accident maintenance
- Top terms
- Purchase without tax through the "VAT form"
- BMW and MINI Service
- Payment by credit card

YOUR BMW AND MINI SERVICE CONTACT FROM LELL.



Lea List

BMW service consultant
Kümmerbruck dealership
+49 (0)9621/7710-11
info.kb@ell-bmw.de



Johannes Hartmann

BMW service consultant
Weiden dealership
+49 (0)961/3003-50
info.wen@ell-bmw.de

LELL Leidenschaft beginnt mit Lell

Autohaus J. B. Lell GmbH & Co. KG, Zur Centralwerkstätte 5, 92637 Weiden
Autohaus J. B. Lell GmbH & Co. KG, Vilstalstr. 25-29, 92245 Kümmerbruck

www.ell-bmw.de

LELL'S SERVICE.
FAIR. RELIABLE. FAST.

The **Ford Ranger** has captured the title of **2025 North American Truck of the Year™**, marking an unprecedented fifth consecutive year that a Ford truck has received this prestigious trophy. This achievement underscores Ford's continued leadership, capability, and innovation within the highly competitive truck segment.

RAISING THE BAR FOR MIDSIZE TRUCKS

To be eligible for the award, vehicles must be new or substantially redesigned. An independent jury of 50 automotive journalists from the U.S. and Canada selected the Ranger based on several key criteria:

- Innovation and Design
- Safety and Performance
- Technology and User Experience
- Driver Satisfaction and Value



2025 NORTH AMERICAN TRUCK OF THE YEAR™

2025 Ranger Lariat™ Extra-cool color option shown not available for current model year. Trademark(s) of North American Car and Truck of the Year Corporation used under license by Ford.

"Earning this recognition celebrates our team's dedication to continuously raising the bar," said **Jim Baumbick**, Ford's Vice President of Advanced Product Development. "We rigorously tested Ranger in challenging environments around the world to deliver the 'Built Ford Tough' durability our customers demand."

BAVARIA Towing

Towing, recovery + breakdown service

Our team is dedicated to providing our services 24/7, 365 days a year

Our Services:

- Towing Services (cars and trucks to 40 tons)
- Breakdown & Accident Service
- Rental Car
- Flat Tire Services
- Vehicle Opening
- Transport
- Repair Service & Body Shop for all Brands
- Service & Maintenance
- Vehicle Purchase
- Used Spare Parts with Warranty
- Car Disposal & Customs Clearance
- Battery tests, Boosts and Replacements

Junk Service, Car Disposal & Customs Clearance FOR FREE!

! 24h: +49 (0) 96 21 67 680 !



FORD RANGER EARNS 2025 NORTH AMERICAN TRUCK OF THE YEAR

ENGINEERING AND PERFORMANCE

The fully redesigned 2024 Ford Ranger is the most connected and capable version to date. It has proven its readiness across six continents, from the Australian outback—where it remains a best-seller—to American highways.

KEY MECHANICAL FEATURES:

- **Powertrains:** A standard 2.3-liter EcoBoost® engine and a more powerful available 2.7-liter EcoBoost® V6.
- **Towing Technology:** Includes class-exclusive Pro Trailer Backup Assist.
- **Off-Road Utility:** Improved suspension, better bed access, and available Zone Lighting for nighttime tasks.

The interior has been modernized with digital gauge clusters, large touchscreens, wireless charging, and fold-flat rear seats to maximize storage space.

THE RANGER RAPTOR: HIGH-PERFORMANCE OFF-ROADING

The **2024 Ranger Raptor** stands as the most powerful midsize truck in its class. Designed by Ford Performance and race-proven in the Baja 1000, it features:

- **3.0-liter EcoBoost® V6:** Delivering a best-in-class 405 horsepower and 430 lb-ft of torque.
- **Advanced Suspension:** Long-travel suspension with a Watts link rear setup and class-exclusive 2.5-inch FOX™ Live Valve shocks.

AMERICAN-MADE LEGACY

The Ford Ranger and Ranger Raptor are proudly assembled at the Michigan Assembly Plant. This victory reaffirms Ford's commitment to building trucks that meet the rigorous demands of both adventure-seekers and professional users alike.

(Ford USA)

Photo Credit: Ford USA

Vintage car import possible at a reduced tax rate of 7% !



Trans Global
LOGISTICS EUROPE GMBH

Trans Global Logistics Europe GmbH
Hochheimer Straße 111
D-55246 Mainz - Kostheim
Tel +49 (0) 6134-58444-00



www.transglobal-logistics.eu
info@tglog.eu

Services

Worldwide transportation ...

- ... of motor vehicles, aircraft, boats/yachts
- ... of construction machinery and accessories
- ... of all kinds of project and container loads
- ... and moving service for household goods
- ... **complete transport with free delivery!**

Placement ...

- ... of transport insurance
- ... delivery within the USA and Europe
- ... Transport insurance
- ... Customs clearance

**LEAVE IT TO US,
TO BRING IT TO YOU**

+49 (0) 6134 - 58444-0

0800 - 2277447

Free of charge
within Germany.

**Try us –
entrust us with your transportation!**

We will make you a non-binding offer.

INTRODUCING THE 2027 CHEVROLET BOLT: AFFORDABLE INNOVATION RETURNS

By popular demand, General Motors is bringing back the Chevrolet Bolt for the 2027 model year. Building on its legacy as a pioneer in the mass-market EV segment, the new Bolt arrives as a limited-run model starting at an MSRP of \$29,990, with a further \$28,995 variant arriving later in the year.

PERFORMANCE AND CHARGING

The 2027 Bolt offers an EPA-estimated 262 miles of range, the most of any EV under \$30,000. It features GM's advanced X76 electric drive unit, designed for maximum efficiency and reduced use of rare-earth materials. Charging is significantly faster than its predecessor, reaching speeds of 150 kW+, allowing a 10% to 80% charge in just 25 minutes. It is also the first Chevy to feature a native NACS charging port and Vehicle-to-Home (V2H) bidirectional capability.

TECHNOLOGY AND INTERIOR

- The redesigned, driver-centric cabin features:
- An 11.3-inch infotainment screen with Google built-in.
- Integrated Google Maps with EV routing and battery preconditioning.
- Available Super Cruise hands-free driver assistance.
- Over 20 standard safety features, including Rear Automatic Braking.

STYLE AND VERSATILITY

For the first time, a sporty RS trim joins the lineup, featuring unique badging and an exclusive Atomic Yellow exterior. The interior boasts improved storage, a panoramic sunroof, and a mix of physical and virtual controls for ease of use.

The 2027 Bolt will be assembled at GM's Fairfax Assembly plant and is expected to hit dealerships in the first quarter of 2026.

(General Motors)

VOLVO XC90



The Volvo XC90 has been named a winner in the annual 2026 Parents Best Family Car Awards, taking home the honors in two categories: Best Luxury Midsize 3-Row SUV and Best Luxury Hybrid / Plug-In Hybrid.

This marks the third consecutive year that Parents has included the XC90 as one of their Best Family Cars, with the vehicle most recently winning Best Plug-In Hybrid (2025) and Best Hybrid for Families (2024). The continued recognition further cements the XC90 as a premier luxury SUV for families.

Designed to protect what matters most, the XC90 surrounds families with safety features that have defined Volvo for generations. Parents can choose the option of 6-seats for easy access to the third row or 7-seats with an available integrated booster seat in the middle row. Drivers are supported by a comprehensive suite of advanced safety technologies, including rear collision warning, cross traffic alert, and a range of standard driver assistance features designed to help prevent accidents before they ever happen.

The XC90 is a proud embodiment of Volvo Cars' Swedish heritage, blending human-centric safety with timeless Scandinavian design. Interior cues inspired by the traditional Scandinavian living room, paired with a mix of premium materials, create a serene and confidence-inspiring cabin experience. Seamlessly integrated modern technology – including standard Google built-in, Apple CarPlay and Android Auto – keeps families connected, comfortable, and secure on every journey.

The 2026 XC90 starts at \$62,445 MSRP and XC90 Plug-In Hybrid starts at \$77,595 MSRP and both are available in both 6-seat

Photo Credit: General Motors



NAMED A WINNER IN 2026 PARENTS BEST FAMILY CAR AWARDS



Photo Credit: Volvo Car USA (2)

and 7-seat configurations. The XC90 Plug-In Hybrid offers up to 32 miles of all-electric range and a combined range of up to 532 miles. Drivers are covered for whatever they need, whether it be for daily commutes or extended family road trips.

To learn more about the award-winning XC90, please visit volvo-cars.com.
(Volvo Car USA)

Small print

- Features depicted may not be standard or available for all markets, equipment levels and powertrain options. Google services are enabled through a digital services package that is included for four years. After this period, new terms and fees will apply if you choose to renew. Google, Google Maps and Google Play are trademarks of Google LLC.
- Starting Manufacturer's Suggested Retail Price (MSRP) includes destination fee of \$1,395. Images may reflect a more expensive trim level with optional equipment and accessories. Taxes, title, registration, license, insurance, maintenance, and other retailer fees are excluded from starting MSRP. Retailer sets actual price. See authorized Volvo Cars retailer for details.
- Estimated range according to the EPA driving cycles. The actual range achieved under real conditions varies depending on driving behavior, driving conditions, how you maintain your vehicle, battery and other external factors. Visit fuel-economy.gov for further information.

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. CO₂-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 seervice
- Car parts sales

Volvo Zentrum Amberg

Autohaus Hofmann GmbH
Kümmersbrucker Straße 6a, 92224 Amberg
Phone: 09621-78230
info@autohaus-hofmann.org
www.volvo-zentrum-amberg.de
<https://www.facebook.com/VolvoHofmann>



GERMANY'S FIRST AND UNIQUE FOOD TRUCK FESTIVAL WILL BE BACK ON TOUR IN AMBERG, NEUMARKT, SCHWANDORF AND WEIDEN!

We are celebrating **10 years of food truck festivals** and transforming the „OBERPFALZ“ into the ultimate food truck paradise – the Original Food Truck Festival is back and bringing street food from all over the world directly to you. Get ready for a culinary adventure in a class of its own!

Germany's first and unique food truck festival will be back on tour for the **10th Anniversary Edition** in Amberg, Neumarkt, Schwandorf and Weiden!

WHY YOU SHOULD BE THERE:

Imagine a lively atmosphere, colorful food trucks conjuring up the most delicious dishes in their mobile kitchens—hot, fresh, and full of flavor. Here you can experience international diversity at your fingertips: from juicy burgers, pulled pork, hot dogs, Asian specialties, Hawaiian treats to vegan delicacies and exclusive smoker delights. There's something for every taste!

THE FESTIVAL IS MORE THAN JUST FOOD:

In addition to culinary highlights, a real experience awaits you! Enjoy live music, a family day with puppet theater, jugglers, and stilt walkers, a chill-out area to relax, cool cocktails, and much more. For younger guests, there are henna tattoos, face painting with Onirelia, and a large bouncy castle—fun for the whole family!



A FEAST FOR ALL THE SENSES:

The food trucks come from all over Germany and bring international specialties directly to your plate. Whether small snacks or large portions – here you can sample the diversity of street food culture and discover new things. The event is the perfect place for anyone who likes to enjoy themselves, try new things, and simply have a good time.



**BE THERE AND BE PART OF THE FOOD TRUCK
FESTIVAL ANNIVERSARY EDITION IN 2026 –**

**THE EVENT YOU CAN'T AFFORD TO MISS!
WE LOOK FORWARD TO SEEING YOU THERE!**

OPENING HOURS NEUMARKT

Thursday 4 pm-10 pm
Friday & Saturday, noon-10 pm
Sunday, noon-7 pm

OPENING HOURS OTHERS

Fridays, 4 pm-10 pm
Saturdays, noon-10 pm
Sundays, noon-7 pm

FOOD TRUCK FESTIVAL

**WE ARE CELEBRATING 10 YEARS OF
FOOD TRUCK FESTIVALS**

**NEUMARKT
FESTPLATZ
APR 30 - MAY 03**

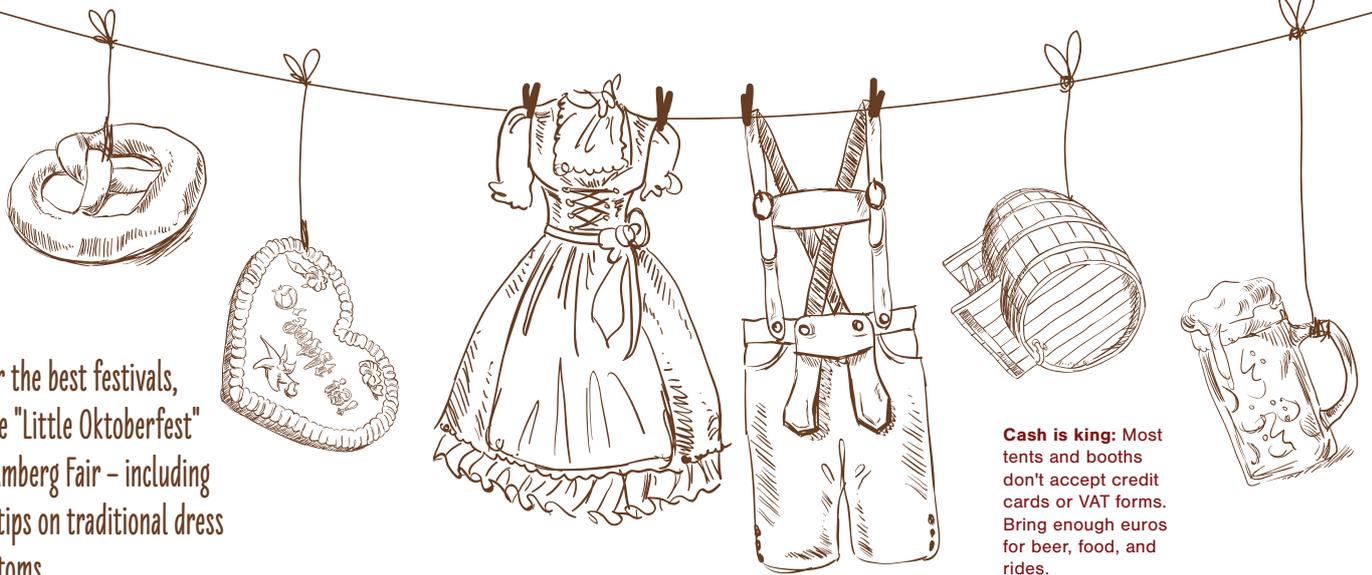
**SCHWANDORF
STADTPARK
JULY 03 - 05**

**WEIDEN
OTH CAMPUS
JULY 10 - 12**

**AMBERG
OTH CAMPUS
JULY 24 - 26**

**REGIONAL & INTERNATIONAL FOOD TRUCKS
LIVE STAGE /W DJS, BANDS & ARTISTS
BEERGARDEN - KIDS AREA - COCKTAIL LOUNGE**

www.FOODTRUCK-FESTIVALS.de



Discover the best festivals, from the "Little Oktoberfest" to the Amberg Fair – including insider tips on traditional dress and customs.

Cash is king: Most tents and booths don't accept credit cards or VAT forms. Bring enough euros for beer, food, and rides.



Eye contact: Look your conversation partner straight in the eye when saying "Cheers!" to avoid a social faux pas.

There's one German tradition you simply can't miss – the Volksfest. It's far more than just a fair; it's the beating heart of Bavarian social life. From the massive tents of the Cannstatter Wasen to the local charm of the Amberg Whitsun Fair, the upcoming season offers the perfect opportunity to get out of your comfort zone and immerse yourself in the local culture.

MORE THAN JUST RIDES: THE BEER TENT CULTURE

Unlike American fairs, where the rides often take center stage, the German folk festival is all about the beer tent. This is where the community comes together. For U.S. service members and their families, this is the best opportunity for cultural integration. Locals greatly appreciate it when Americans join in the festivities – especially when they wear traditional Bavarian dress. Lederhosen or dirndls aren't seen here as mere costumes, but as genuine signs of respect for Bavarian traditions.

THE GOLDEN RULE: LIQUID GOLD AND LOGISTICS

The centerpiece of the festival is the Maß – a liter of specially brewed festival beer. But be warned: this beer is often significantly stronger than what you'd find at the liquor store or a German supermarket (usually around 6% alcohol).

When you raise your glasses (cheers), remember the unwritten rule: maintain eye contact. Anything else is considered impolite and, according to Bavarian superstition, brings seven years of bad luck to your love life.

Volksfest Season: Your Ultimate Guide to Bavarian Spring

MAJOR VOLKSFESTS

The Giants of Spring: Bavaria's Top Volksfests at a Glance
Whether it's flea market bargains on the Theresienwiese or household goods at the World Heritage Fair – here you combine tradition with shopping.

Nuremberg Spring Fest

Dates: April 4 – 26

Located directly on the Dutzendteich lake, this fest offers a wonderful blend of tradition and modernity. It's especially family-friendly with many themed days (such as Family Day with half-price tickets) and spectacular fireworks on Friday evenings.

Munich Spring Fest ("Little Oktoberfest")

Dates: April 17 – May 10

Those who love Oktoberfest but prefer to avoid the crowds will love the "Little Oktoberfest" on the Theresienwiese. It features Bavarian delicacies, two large beer tents, and a huge, legendary flea market on the first weekend.

Stuttgart Spring Fest (Cannstatter Wasen)

Dates: April 18 – May 10

It's the largest spring fest in Europe! While Oktoberfest is enormous, the "Wasen" offers a more relaxed, yet equally captivating atmosphere in the spring. Particularly impressive is the 26-meter-high fruit column and the huge selection of high-tech rides.

NOTE: Stuttgart is the capital of Bavaria's neighboring state of Baden-Wuerttemberg.

Regensburg May Fair

Dates: May 8 – 24

UNESCO World Heritage Site scenery meets Bavarian charm.

Continued on page 30



THE MAIDULT FEST INVITES
YOU TO REGENSBURG
FROM MAY 14 TO 31

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

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 14 to 31 May, the city of Regensburg hosts and invites you to the largest folk festival in the Upper Palatinate. All program and site information can be found on the Internet at 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 candy 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 22, 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 fair-ground companies, the Dult can easily inspire three generations to visit the Dult together.



REGENSBURG
MAY
DULT.
MAY 14 - 31, 2026



Fireworks
FRI, May 22, 2026
starting at 10 p.m.



Senior Citizens Day
MON, May 18, 2026
in the Hahn fest tent
TUE, May 26, 2026
in the Glöckl fest tent
starting at 1 p.m.



Kids & Family Day
WED, May 20, 2026
WED, May 27, 2026
Special fares twice all rides
all day long



Ladies' Night
THUR, May 28, 2026
Special offers for every lady regardless of age
starting at 6 p.m.



Table reservations www.gloeckl.net
Phone: 0941 - 200 756 77
(fest tent office starting at 1 p.m.
only during the fest)

Phone: 0941 - 8979 5626
dult@hahnzelt.de
www.hahnzelt.de

The fair is known for its blend of a market (with great household goods and clothing) and a classic folk festival with beer tents and a Ferris wheel right on the Danube.

Erlangen Bergkirchweih ("The Mountain")

Dates: May 21 – June 1

One of the oldest and most beautiful fests in the world. Instead of tents, you sit under giant chestnut trees on the slopes of a mountain. The beer is served directly from the cool rock cellars. An absolutely magical, shady experience in the forest.



Erlangen Bergkirchweih

REGIONAL VOLKSFESTS

Volkfests on your doorstep:

Your guide to the Upper Palatinate and Franconia

Whether it's a brilliant fireworks display or grilled fish on a stick in the old town – mark these highlights on your calendar.

Weiden Spring Fest

Dates: April 30 – May 10

Since Weiden is practically on Grafenwoehr's doorstep, this fest is a must-attend event. It's big enough for thrill rides, but small enough to meet up with friends and colleagues. The "Family Afternoon" with discounted prices and the spectacular fireworks display that illuminates the night sky over the Upper Palatinate are especially popular.

Sulzbach-Rosenberg Spring Fest

Dates: May 13 – 17

This fest is more compact and very welcoming. It's the ideal place for anyone who wants to experience authentic, unspoiled Bavaria without being overwhelmed by crowds. It's particularly popular with soldiers from Vilseck, as it offers a very inviting, almost village-like atmosphere.

Ansbach Spring Festival

Dates: May 8 – 17

Tradition is highly valued in the ducal residence of Ansbach. The spring fest on the Hofwiese meadow offers a wonderful mix of Franconian specialties and a colorful supporting program. Its proximity to the barracks makes it a popular meeting place for US soldiers and their families, who come to enjoy a taste of Franconian life.

Neumarkt Spring Fest

Dates: May 13 – 17

A fest for the whole family! In addition to the classic amusement park, there is often a large agricultural and vintage vehicle exhibition, which is especially popular with technology enthusiasts. Children love it as well. The people of Neumarkt proudly celebrate their local breweries, which is reflected in the excellent quality of their beer.

Amberg Whitsun Fair

Dates: May 22 – June 1

Just a stone's throw from Vilseck, the fair in the historic ducal town of Amberg offers a unique atmosphere. The fest grounds on the edge of the old town combine tradition with a huge selection of culinary highlights – from the classic bratwurst sandwich to grilled fish on a stick. A visit can be perfectly combined with a stroll through the "Egg City."

Bayreuth Volkfest

Dates: May 22 – 31

Bayreuth is not only known for opera, but also for one of the most modern Volkfests in the region. Here you'll often find the latest high-tech rides, which are otherwise only seen at Oktoberfest. The atmosphere in the beer tent is legendary, and the local beer from the Wagner city is world-famous.

THE WORLD'S FASTEST- GROWING SPORT

ARRIVES IN GRAFEN- WOEHR

BURN MORE CALORIES, HAVE MORE FUN:
PADEL TENNIS AT TENNIS CLUB
GRAFENWOEHR

GRAFENWOEHR, Germany – Padel is officially the fastest-growing sport in the world – and it's easy to see why. Combining elements of tennis and squash on a compact court enclosed by glass walls, it is beginner-friendly, extremely sociable, and totally addictive. With an estimated 25 million players in 90 countries, padel has already taken Spain, Argentina, Sweden, and the USA by storm. An interesting side note: Padel burns up to 25% more calories than tennis without feeling like a strenuous workout. This summer, the movement is arriving in Grafenwoehr. The facilities at Tennis Club Grafenwoehr, located at Markwinkel 6, are getting a fresh boost: "Play&Taste," a new padel court with an adjoining terrace, is opening right on the club grounds. After the game, the terrace invites you to relax with refreshments and in good company. Whether you're already a pro, picking up a racket for the first time, or simply want to enjoy the sporty atmosphere – Play&Taste promises to be a place you'll want to return to repeatedly.

Location: Im Markwinkel 6, 92655 Grafenwöhr

| by Editor

| by Editor



CLASSIC NIGHTS & PARK PARTIES: JOIN THE GRAFENWOEHR OLD TOWN FESTIVAL

GRAFENWOEHR, Germany – On May 8 and 9, Grafenwoehr will celebrate for two days straight, thanks to a new town partnership agreement with the Italian municipality of Serravalle Pistoiese and the completion of the historic town center's renovation. The Old Town Festival kicks off on Friday, May 8, with a concert entitled "Classics in the Old Town" by the Dresden Residence Orchestra at Marienplatz in Grafenwoehr, in front of the festively illuminated town hall. The orchestra will perform the most beautiful melodies by Georges Bizet, Giacomo Puccini, Johann Strauss, and many other greats of classical music, as well as famous opera arias. Tickets can be purchased on-site or online at www.okticket.de. On Saturday, the festivities continue under the motto "Celebrating Together!" After an opening concert by the North Upper Palatinate musicians at Marienplatz, a lively festival atmosphere will fill Grafenwoehr's city park. In the festival tent, delicious food and cool drinks from Grafenwoehr's restaurants and clubs are offered, while the Grafenwoehr town band, a performance by the Grafenwoehr dance group, and the band Clubminister will provide continuous top-notch entertainment on stage. Children can look forward to a wide variety of activities. The party band Highline will bring the festival to a close in the evening, rocking the entire city park. Admission to the festival on Saturday is free.

| by Pirmin Balk

GRAFENWOEHR'S ULTIMATE NATURE EXPERIENCE DAY

GRAFENWOEHR, Germany – Fun and excitement await all families and children on June 7 at the Bierlohe Nature Trail in Grafenwoehr: The big Forest Children's Festival is a very special outdoor event. This popular event is held every three years and attracts more than 3,000 visitors. The main focus of the festival is to make nature and the forest accessible to children of all ages. At more than 30 stations and booths, children can learn about the forest and its inhabitants, try out various games and activities, and enjoy delicious treats and drinks. There will be bungee trampolines, canoeing, water games from the fire department, a small animal show, archery, and arts and crafts activities. Thanks to dance performances and presentations by timber sports enthusiasts and hunting dogs, as well as equipment displays from the police, forestry service, and fire department, top-notch entertainment and variety are guaranteed throughout the day. The festival starts at 11 a.m. An open-air church service with musical accompaniment at 5 p.m. will conclude the festivities. Access is via the B299 federal highway between Grafenwoehr and Pressath; parking is signposted. Admission to the festival is free.

| by Pirmin Balk



SPRINGTIME MAGIC IN THE MAX REGER CITY: WHEN WEIDEN COMES TO LIFE AT THE JUBILATE MARKET

WEIDEN, Germany –The City of Weiden cordially invites you to the Jubilate Market in the historic city center. Numerous market booths between the Lower Market and Macerata/Issy-les-Moulineaux Square will offer decorations, everyday items, and delicious treats starting at 10:30 a.m.

Starting at 1 p.m. , shops throughout the city will open, showcasing attractive offers and the latest spring trends.

In the square in front of the Old Town Hall, Weiden City Marketing will present a diverse stage program.

The City of Weiden looks forward to your visit and wishes you much enjoyment with fashion, music, and the springtime atmosphere!

Opening Hours: Market: 10:30 a.m.–6 p.m.; Shops: 1 – 6:00 p.m.

| by By Weiden City Marketing

Photo Credit: Veiktor – stock.adobe.com



Newly refurbished

State of the art pool (75°F)
Two adventure slides
Diving platforms
Children's pool (82°F)

Open daily
May – September
from 9am to 8pm

Bad weather days:
5:30pm to 7pm

Leisure opportunities

Basketball court
Volleyball field
Spacious area to relax
Café and much more

free parking
free WIFI

City of Grafenwöhr
+499641 2006
Am Waldbad 2
92655 Grafenwöhr

OPENS
MID
MAY



BAVARIAN TRADITIONS: THE MAYPOLE - MORE THAN JUST A TREE

BETWEEN
BAVARIAN PRIDE
AND "MISSION
IMPOSSIBLE" –
WHY MAY 1 IS THE
MOST IMPORTANT
DAY OF SPRING
FOR YOUR
GERMAN NEIGH-
BORHOOD.



THE 5-STEP CHECKLIST FOR YOUR FIRST MAYPOLE FESTIVAL

1. **Check local postings:** Find out when your neighboring village is putting up their maypole (usually announced by signs at the village entrance).
2. **Cash is king:** Withdraw enough euros from an ATM. Small bills are best for food and drinks.
3. **Dress the part:** You don't need to own lederhosen or a dirndl; your favorite outfit will do.
4. **Arrive early:** The best spots to watch the raising of the maypole fill up quickly.
5. **Safety first:** During the rising process, be sure to stay behind the barriers. A maypole weighs several tons!

FIRE DEPARTMENT MAYPOLE FESTIVAL ON APRIL 30

GRAFENWOEHR, Germany – True to tradition, the members of the Grafenwoehr Fire Department will once again raise the maypole using only their own muscle power at the festival grounds in the city park next to the historic Kastenhaus. The maypole procession will begin on Thursday, April 30, around 6 p.m. at the former post office on Alte Amberger Straße. At the same time, the festivities will commence at the festival grounds. Food and drinks will be readily available, and there will be plenty of musical entertainment throughout the evening.

| by **Renate Gradl**

If you drive through the villages surrounding the garrison on the morning of May 1 (or the evening of April 30), you'll witness a logistical feat that will impress you. Entire village communities gather to hoist a massive, blue-and-white painted tree trunk into its upright position. The maypole isn't just decoration; it's a symbol of a community's pride, unity, and prosperity. For U.S. service members and their families, this festival offers the perfect opportunity to delve deep into Bavarian culture – off the beaten track.

THE ART OF STEALING (THE GREAT HEIST)

Before the maypole is put up, Bavaria is in a state of emergency. According to unwritten law, a maypole can be stolen from neighboring villages if it hasn't been put up yet and the thieves aren't caught in the act. This leads to all-night "security watches" by the local village youth. If the maypole is stolen, it must be ransomed with a hefty reward of beer and Bavarian delicacies. Important for you: If you see a group of young men transporting a 30-meter log on a tractor trailer at night: Don't worry, it's not a crime, it's sport!

"HEAVE-HO!": MUSCLE POWER MEETS PRECISION

The rise itself usually takes place on the morning of May 1, or often even on the evening of April 30. While cranes are often used in larger cities, many villages still raise the maypole manually. Using long poles called "Schwaiberln," the trunk is heaved upwards centimeter by centimeter. The "announcer" coordinates the process. It's a dangerous procedure that requires absolute discipline. Once the tree is securely anchored in its foundation, the festivities begin in the fest tent or on the village square.

ETIQUETTE AND CELEBRATIONS

The May Day celebration is a family event. There's brass band music, performances by traditional costume groups (including Schuhplattler), and traditional food like bratwurst and pretzels. It's the perfect time to get to know your neighbors. While you can usually pay by credit card on post, cash (euros) is required here. VAT forms are generally not accepted at these local charity events organized by clubs and associations.

| by **Editor**



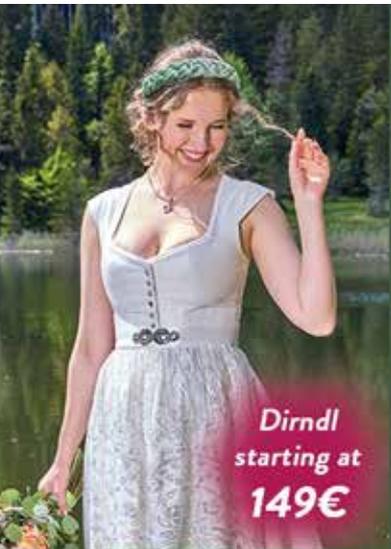
FAST FACTS:

MAYPOLE

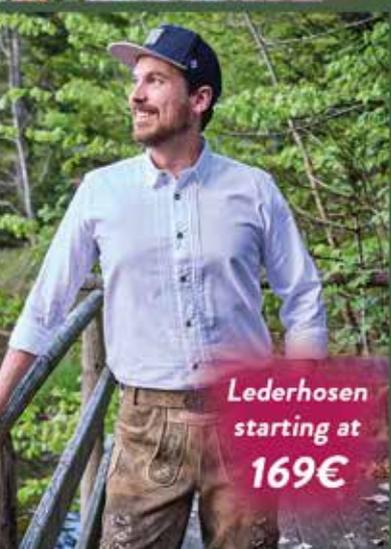
Date: Official rise on May 1 (often starting at 9 or 10 a.m.) or on April 30 (often starting at 4 or 5 p.m.).

Symbolism: The signs on the tree represent the trades practiced in the village.

Duration: A Maypole usually remains standing for six months.



Dirndl starting at 149€



Lederhosen starting at 169€



nübler

TRACHTEN

Dirndl • Lederhosen • Bavarian Style Fashion

TRACHTENHOF NÜBLER

- 92272 Freudenberg Immenstetten 19 (between Hirschau & Amberg)
- 96050 Bamberg Dr.-Robert-Pfleger-Straße 1
- 95444 Bayreuth Josephsplatz 8
- 97421 Schweinfurt Manggasse 7
- 97070 Würzburg Gerberstraße 19

- 92318 Neumarkt i.d.OPF Amberger Str. 2c
- 95444 Bayreuth Freiheitsplatz 1
- 97318 Kitzingen Hoheimer Straße 1
- 97076 Würzburg Nürnberger Str. 74a

- 92224 Amberg - Fashion-Outlet Regensburger Str. 63 a
- 96050 Bamberg - Fashion-Outlet Geisfelder Straße 48



We accept your VAT form and all major credit cards



FRAGRANT BREAD AND GOLDEN ONION TART:

THE GRAFENWOEHR HISTORIC SOCIETY INVITES YOU TO ITS TRADITIONAL OVEN FESTIVAL

GRAFENWOEHR, Germany – Freshly baked goods from the historic oven will once again draw numerous food lovers to the oven festival under the old oak tree in the courtyard of the Grafenwoehr Cultural and Military Museum on Sunday, June 14. Starting at 11 a.m., visitors can enjoy loaves of bread, onion tart, and cheese and bacon sticks prepared by baker Florian Pappenberger and Hans Speckner and their team, either on-site or for take-out. Also available are bratwurst, steaks, a large cake buffet, coffee, and wine from Grafenwoehr's Austrian partnership city Grafenwoerth. In case of bad weather, a tent will provide cozy shelter. Admission to the festival is free, and a visit can be combined with a tour of the museum at the regular admission price.

| by **Grafenwoehr Historic Society**

Photo Credit: ailsya – stock.adobe.com



CLASSICAL CONCERT IN FRONT OF THE TOWN HALL

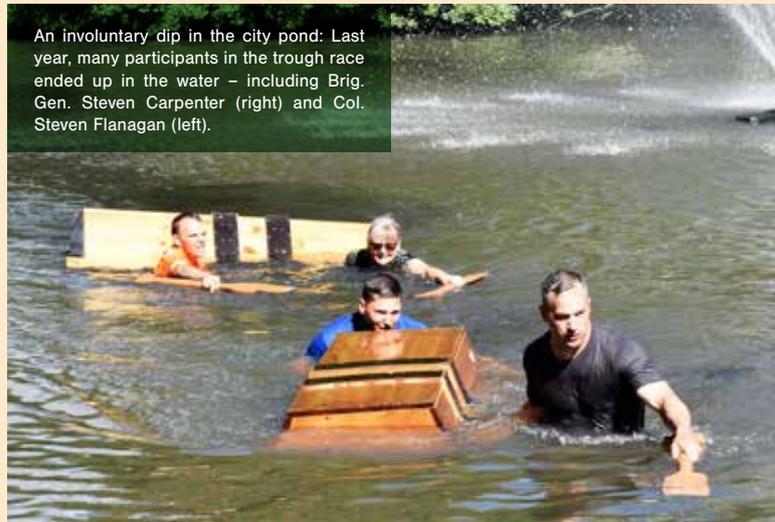
Grafenwoehr, Germany – As the crowning finale to the renovation work in the Old Town, a festive open-air concert will take place on Marienplatz on Friday, May 8. The Dresden Residence Orchestra, under the direction of Professor Igor Malinovsky, will present a diverse program ranging from melodies from the well-known operas of Georges Bizet and Giacomo Puccini to the world-famous waltzes of Franz Lehár and Johann Strauss. The audience can look forward to specially arranged interpretations of great masterpieces as well as a powerful vocal solo. This magnificent concert experience for the whole family begins at 7 p.m. on Marienplatz in front of the festively illuminated Town Hall. Tickets are available for €29 via www.okticket.de and at all known OK-Ticket advance booking offices in the region (in Grafenwoehr: Reisewelt and Sparkasse).

| by **Renate Gradl**

Photo Credit: Renate Gradl

TROUGH RACE & GRILLED FISH ON A STICK: FISHERMEN'S FESTIVAL

An involuntary dip in the city pond: Last year, many participants in the trough race ended up in the water – including Brig. Gen. Steven Carpenter (right) and Col. Steven Flanagan (left).



IN GRAFENWOEHR - ENJOY BAVARIAN

TRADITION AT THE CITY POND

GRAFENWOEHR, Germany – Every year towards the end of June, the Grafenwoehr Fishing Club invites everyone to its traditional Fishermen's Festival. This year, the event will take place on Saturday, June 27, and Sunday, June 28, at the festival grounds in the city park near the Kastenhaus.

The club officials, led by Chairman Wolfgang Specht, are hoping for perfect weather so that everyone's time at the city pond will be a special experience. The program begins on Saturday around 4 p.m. with the popular trough race on the city pond. Prominent participants are expected again this year: The fishing club hopes to welcome, among others, Brig. Gen. Terry R. Tillis and other representatives from politics and society.

Musical entertainment will be provided by the band "Südwind-Buam" on Saturday and the Dießfurt Brass Band on Sunday. On Sunday festivities start at 10 a.m. with a church service. In the afternoon, the proclamation of the fishing champions and the official awards ceremony will take place. Boat rides on the city pond will also be offered for the youngest visitors.

A wide variety of food will be available: In addition to classics like bratwurst, hamburgers, steaks, cheese, and pretzels, there will be the popular fish and salmon sandwiches, as well as freshly prepared grilled trout, smoked trout, and fish on a stick. Bayreuth beer will be served. Those interested in the local underwater world can view specimens such as carp, pike, trout, zander, and catfish up close in a large fish exhibit.

| by **Renate Gradl**

Photo Credit: Renate Gradl

AMERICAN IN BAVARIA DICTIONARY

In Bavaria—especially around the garrisons in Grafenwöhr, Vilseck, and Hohenfels—language is much more than just grammar. It's a door opener. While in northern Germany you say "Moin," you can get by with standard German in Bavaria, but a few words of dialect will win you the hearts of the locals (and maybe even a free beer).

Here's your "American in Bavaria Dictionary"—structured for everyday use at the pub, at your neighbor's house, or at the local fair.

**BEWARE OF
FAUX PAS!**

1. THE MOST IMPORTANT SALUTATIONS (GREETINGS)

Term	Pronunciation	Meaning / Context
Servus	Sair-voos <small>(US-Phonetic)</small>	The Swiss Army knife of greetings. Use it for both saying hello AND goodbye..
Grüß Gott	Grewss Gott	Formal and respectful. Use it when entering a shop or while hiking.
Pfiat di / Pfiat eich	Feert dee / Feert eye-ch	"God keep you" (Goodbye). "Pfiat di" (one person), "Pfiat eich" (several people).
Habe d'Ehre	Hah-beh de-air-reh	"I have the honor." Very traditional, often used by older men.
An Guadn!	Un Goo-adn	"Enjoy your meal!" This is said when walking past a table where people are eating.

3. THE FALSE FRIENDS

1. "SERVUS" VS. "TSCHÜSS":

"Tschüss" is North German. In deep Bavarian villages, you might get a frown for it. Stick to "Servus" or "Pfiat di."

2. "HELLES" VS. "PILS":

If you order a "Bier" (beer), you'll get a Helles (mild) in Bavaria. A Pilsner is bitter and is served in smaller glasses.

3. THE TOASTING RULE:

When you clink glasses or steins, say "Prost!" and look your counterpart directly in the eyes. Anything else is considered impolite and (according to legend) brings bad luck in your love life.

2. AT THE PUB & BEER GARDEN (DINING)

The essential vocabulary for Bavaria's most important institution.



Term	Meaning	Insider-Tip
Maß (Beer)	1 Liter Beer	Pronounce it like "Mass" (short A), not like "Mase" (long A).
Halbe	0,5 Liter Beer	The standard measure for a light beer during the week.
Radler	Beer with lemon soda	Perfect for hot days or when you have to drive (Attention: blood alcohol limit!).
Spezi	Cola & orange soda mix	The Bavarian national drink for kids and drivers.
An Guadn!	Un Goo-adn	"Enjoy your meal!" This is said when walking past a table where people are eating.
Brezn	Pretzel	The Bavarian pretzel is soft and large, not the small, hard ones from a bag.
Obatzda	Cream cheese specialty	Camembert mix with bell peppers. A must for any snack.
Wuid / Wild	Venison (venison/boar)	Often found on menus in the Upper Palatinate.

4. SOCIAL INTERACTION & SLANG

Making sure you understand what your neighbor is shouting over the fence.

► PASST SCHO! (PAST SHO):

The highest Bavarian compliment. It means "It's okay / fine." When a Bavarian says this, they're completely satisfied.

► SCHAU MA MAL... (SHOW-MA-MULL):

"Let's see". The standard answer to almost any question you don't feel like answering yet.

► BASST! (BUSST):

Short for "Everything is good / Agreed".

► GELL? / NED WAHR?:

Used at the end of a sentence, like the American "Right?"

► BAZI / STENZ:

A lovable rascal or scoundrel.

BRIDGING THE CALENDAR:

YOUR ESSENTIAL GUIDE TO SPRING & SUMMER HOLIDAYS IN BAVARIA

From Easter Eggs to Independence Day – Navigate the maze of German and US holidays between April and July without getting stuck in front of closed doors.

Moving to Bavaria means more than just adjusting to the Autobahn; it means mastering two different calendars that often collide. Between April and July, the region experiences a high density of public holidays. For the US community, this can be a double-edged sword: extra days off for "Training Holidays," but also the sudden realization that every grocery store in town is locked tight on a random Thursday. Whether you are planning a PCS or just a weekend trip to Munich, understanding this "Holiday Season" is key to a smooth tour in Germany.

Photo Credit deimosaz | Alina Troeva – stock.adobe.com



APRIL & MAY

FAST FACT 1

THE "BRIDGE DAY" (BRÜCKENTAG):

If a holiday falls on a Thursday, many Germans take the Friday off. Expect heavy traffic and fully booked hotels.

THE GERMAN "SPRING SPRINT"

Germany takes its holidays seriously, especially in Catholic Bavaria. **Good Friday** (Karfreitag) and **Easter Monday** (Ostermontag) frame a long weekend where **silence is legally protected**. Don't plan a loud DIY project on Good Friday—it's a "Stiller Feiertag" (Silent Holiday).

In **May**, the pace picks up with **Labor Day (May 1st)**, followed by **Ascension Day** (Christi Himmelfahrt). **The latter is also celebrated informally as "Father's Day"** in Germany, often involving groups of men hiking with wagons full of beer. Expect heavy traffic and crowded beer gardens.

| by Editor

FAST FACT 2

STRICT CLOSURES

On German public holidays, all Off-Base supermarkets and malls are closed. Plan your grocery run 24 hours in advance.



JUNE

THE RELIGIOUS DEEP-DIVE

June often brings **Corpus Christi** (Fronleichnam), a **major public holiday in Bavaria**. While the Garrison might operate on a modified schedule, the **local economy shuts down completely**.



JULY

★
★
THE
US-
PEAK
★
★

INDEPENDENCE DAY

The **highlight of the summer** for the community is the **4th of July**. **While it is business as usual for our German neighbors, the Garrison typically hosts major celebrations**. This is the perfect time to invite your friends for some authentic BBQ – just remember that POV access and security screenings will be tighter than usual during these events.

THE 3-STEP HOLIDAY CHECKLIST



- 1. SYNC YOUR CALENDARS:** Mark April 3 & 6 (Easter), May 1, 14, & 25, and June 4 (Corpus Christi).
- 2. STOCK THE PANTRY:** Ensure you have enough supplies at least one day before a German holiday to avoid the "gas station dinner."
- 3. RESPECT THE "RUHEZEIT":** Keep noise to a minimum on German holidays to maintain a "Good Neighbor" relationship

Photo Credit: lassedesignen – stock.adobe.com



HIKING IN THE FOOTSTEPS OF FRANCONIAN BREWING CULTURE BETWEEN WEISSENOHE, GRÄFENBERG, HOHENSCHWÄRZ AND THUISBRUNN!

The Fünf-Seidla-Steig is THE brewery hiking trail in southern Franconian Switzerland.

It leads along scenic trails and paths to five private breweries in Gräfenberg and Weißenhohe. Marked according to the quality guidelines of the German Hiking Association, the Fünf-Seidla-Steig delights with everything that Franconia has to offer for beer lovers and hikers: a wonderful forest and meadow landscape in the Jura, hearty beer enjoyment and Franconian delicacies.

On the accompanying beer adventure trail, the master brewers illustrate their craft on information boards: they present a brewing day in their breweries, the regional origin of the raw materials and the regional beer tradition.

Over a distance of 10 kilometers, the Fünf-Seidla-Steig can be experienced comfortably with a stop at the five brewery inns. The round trip leads, for example, back to the train stations Gräfenberg (17 km) and Weißenhohe (19 km). On the weekends, there is an hourly return trip from both stations with the Grä-

fenbergbahn. With a stamp card - available in the inns or for downloading - the changing Fünf-Seidla-Steig-Krug can be purchased at a reduced price at the end of the hike.

Whether herb hike, beer adventure tour, church visit or brewery tour - for groups there is a wide range of offers by the guest- and hiking guides on the Fünf-Seidla-Steig. All tips with route descriptions, information on how to get there, guided tours, experience- and accommodation options and much more can be found on the website www.fuenf-seidla-steig.de



Scan the QR-Code for more information (also in English).



HIKING RULES:

- Singing is basically something nice - in the villages we ask for silence in the interests of the residents.
- The harassment of residents and other guests is prohibited: Heavily drunk and loud people as well as masked groups and recognizable bachelor parties are not served in the inns!
- Costumes and gifts for the other guests are not allowed!
- We have nothing against bringing a guitar or accordion with you - but: electronic sound devices and loud music along the route are undesirable and are prohibited in all inns.
- Please take your empty beer bottles to the next inn, we'll be happy to take them.
- Taking additional alcohol with you - especially high-proof spirits - is undesirable in the interest of all those involved and affected.
- We do not serve guests who do not know how to behave towards our neighbors. Please stick to it. The Fünf-Seidla-Steig stands for beer enjoyment and beautiful scenery - not for unrestrained alcohol consumption and waste.

| by Editor

CRACKING THE CODE:

MASTERING THE GERMAN „PFAND“ SYSTEM

Don't throw your money in the trash – how to navigate Germany's recycling economy like a local.

You've just finished your first long day of house hunting. You stop at a local supermarket, grab a cold sparkling water and a soda, and head to the register. You notice the price is slightly higher than what was on the shelf tag. Welcome to Germany, where every plastic bottle and aluminum can is essentially a small deposit account.

For US Service Members and Families on a PCS move to Germany, the "Pfand" system can be confusing. Is it a tax? Is it a tip? No—it's a mandatory deposit system designed to keep the German countryside pristine. Understanding the difference between a 25-cent and an 8-cent bottle is not just about being green; it's about protecting budget.



The "Leergutautomat" (reverse vending machine).

"DPG logo"



THE 5-STEP CHECKLIST TO PFAND SUCCESS

- Identify:** Check for the DPG logo or the word "Pfandflasche" on the label.
- Collect:** Designate a spot in your German rental (utility room or garage) for "Leergut" (empties).
- Sort:** Separate glass bottles from plastic/cans to speed up your time at the machine.
- Insert:** Feed the bottles bottom-first into the "Leergutautomat" at the entrance of the supermarket.
- Redeem:** Take the printed receipt to the cashier. You can either get the cash back or have it deducted from your current grocery bill.

FAST FACTS: THE PFAND ESSENTIALS

- It's Not a Tax:** You get 100% of the money back as a voucher or cash at the register.
- Keep it Clean:** Machines often reject bottles that are heavily crushed or have missing labels, as the scanner needs to read the barcode.
- The "Kasten" Bonus:** Returning a full crate of empty beer bottles can net you over €3.00 in one go.

ONE-WAY VS. MULTI-WAY: KNOW YOUR LOGOS

The most critical distinction is between Einwegpfand (Single-use) and Mehrwegpfand (Multi-use).

- The 25-Cent Standard:** Look for the "DPG" logo (a can and a bottle with an arrow). This is found on most plastic water bottles and soda cans. These are crushed and recycled after one use. Because they cost €0.25 each, a two 6-packs of water carries a €3.00 deposit—enough for a coffee at the local bakery!
- The Glass Tradition:** Beer and some soda bottles are "Mehrweg." They are washed and refilled up to 50 times. These typically carry a deposit of €0.08 or €0.15. While cheaper, they are heavier and must be returned to specific crates (Kasten).

THE "WHERE TO RETURN" RULE

A common frustration for Americans is the "Leergutautomat" (reverse vending machine). German law states: If a retailer sells a certain material (e.g., plastic bottles), they must accept all bottles of that material, regardless of the brand. If you bought a Coca-Cola at a gas station, you can return the empty bottle at Lidl, Aldi, or Edeka.

THE COMMISSARY EXCEPTION

Keep in mind: Products purchased at the Commissary or PX that are imported from the US (with US barcodes and no German Pfand-Logo) do not have a deposit. Do not try to force these into German machines—they will be rejected. These should be disposed of in your on-base recycling bins or according to your local Garrison's trash separation guides.

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:



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.



I TELL SOMEONE WHEN I GO INTO THE WATER.

8

I am considerate! I don't run, I don't shove, and I don't push anyone under the water.

9

I COOL MYSELF DOWN BEFORE GOING INTO 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.

Get your ad for the next issue:

- July, 2026
- September, 2026
- November, 2026



Advertisement needed in Print or Web?

Contact our Sales Department

Mr. Stefan Neulinger

stefan.neulinger@bavarian-times.com

Phone: 0961 / 85-592

Mr. Klaus Sporr

klaus.sporr@bavarian-times.com

Phone: 0961 / 85-291

READY FOR TAKEOFF?

YOUR GUIDE TO CHEAP FLIGHTS IN EUROPE

From Baumholder to Barcelona or from Vilseck to Venice – for less than the price of a steakhouse dinner? In Europe, this isn't a dream, it's a reality. If you know the rules.

While flying between states in the US often costs a fortune, Europe offers a network of low-cost carriers (LCCs) that can whisk you across the continent for 30 to 70 euros. But beware: simply typing "Frankfurt" into a search engine usually ends up costing you more. Here's your strategic battle plan for your next 4-day weekend getaway.

1. THE LOCAL AIRPORTS

Forget about the big Frankfurt Airport (FRA) for a moment. Real bargains await you at the smaller airports:

- ◆ **Nuremberg (NUE):** The absolute favorite for the Grafenwoehr, Hohenfels, and Vilseck communities. Small, relaxed, and the home base for unbeatable deals to England, Spain, Italy, Greece, and Eastern Europe.
- ◆ **Frankfurt-Hahn (HHN):** Don't let the name fool you – it's located about 1.5 hours from Frankfurt in the Hunsrück region. However, for troops stationed in Baumholder or Spangdahlem, it's practically next door and Ryanair's main hub.
- ◆ **Memmingen (FMM):** Often advertised as "Munich West" (even though it's 1.5 hours away), this is the ideal starting point for anyone in Garmisch who wants to fly cheaply to Italy or Greece.

2. THE "CARRY-ON" TRAP

In the US, "military baggage" is often free with airlines like Delta or United. In Europe, this is NOT the case for budget airlines.

- ▶ **Rule number 1:** If you only pay the base fare with Ryanair or EasyJet, you're often only allowed to bring one bag that fits under the seat.
- ▶ **Pro tip:** Book the "Priority & 2 Cabin Bags" package directly when booking your ticket. It's significantly cheaper than the fine at the gate if your rolling suitcase is too large.

3. GOOGLE FLIGHTS & INCOGNITO MODE

Use Google Flights to compare prices but filter for "nearby airports." If you're flexible, select "flexible dates."

Important: It's best to book your tickets six to eight weeks in advance. Since it's currently March, now is the perfect time to finalize trips for May (Memorial Day!) and June.

4. LOCAL GERMAN TRAVEL AGENCIES (TRAVEL AGENCIES IN YOUR AREA)

In towns like Grafenwoehr or Vilseck, there are travel agencies that have specialized in serving the US community for decades.

- ▶ **The added value:** They understand the VAT form system, often accept credit cards, and are familiar with specific needs.
- ▶ **Package holidays:** For holidays in Spain, Italy, or Greece, local travel agencies are often cheaper than booking online, as they have access to exclusive allotments from German tour operators.

5. TRAVEL CHECKLIST FOR SERVICE MEMBERS

Before you click "Check-out," make sure you have the following items ready:

- ▶ **Tourist Passport:** Your military ID is often not sufficient for flight check-in with airlines like Ryanair. You will need your blue tourist passport.
- ▶ **Leave/passport:** Ensure your leave request or passport is approved before purchasing non-refundable tickets.
- ▶ **Parking:** Book your airport parking online in advance. "Drive-up" prices at airports like Stuttgart or Nuremberg can ruin your holiday budget.

CONCLUSION:

Exploring Europe is the best part of being stationed in Europe. With a little planning, you can fly to Rome for the price of a movie ticket. Pack light, book early, and see the world!



CLEAR VISION WITH A SYSTEM: EYESIGHT AND UV PROTECTION IN GERMANY

Whether you're cruising the A93, undergoing field training under the intense Bavarian sun, or enjoying a weekend at Lake Constance, your eyes are your most important sensory organ. In Germany, "eye health" isn't just a medical term, but a fundamental requirement for your lifestyle. Between strict German traffic regulations and the technologically advanced offerings of local opticians, knowing the right protection—and the right savings—is key.

PRECISION MEETS STYLE:

THE EXPERIENCE AT A GERMAN OPTICIAN

In the USA, you might get used to large chains. In Germany, the optician is a highly skilled craftsman. Local specialist shops in towns like Amberg, Weiden, Regensburg, or Ansbach offer a level of precision that ensures your frames are perfectly tailored to your facial anatomy. This isn't just about comfort: A correctly fitted frame ensures that the lens's focal point aligns precisely with your pupil—crucial for preventing headaches during long shifts at the office or on duty.

THE VAT ADVANTAGE: PREMIUM QUALITY TAX-FREE

One of the biggest advantages of being based in Germany is the use of the VAT program. German lens technology (such as that from Zeiss or Rodenstock) is world leading. This often makes high-quality designer frames and special "office lenses" (optimized for computer work) significantly more affordable.

UV PROTECTION: THE "UV400" STANDARD

Don't be fooled by the often-cloudy Bavarian sky. UV radiation remains high and can damage the retina in the long term. When buying glasses off-the-shelf, look for the UV400 seal. This guarantees that the lenses block all light rays up to a wavelength of 400 nanometers – that corresponds to 100% protection against harmful UVA and UVB rays.

WEAR YOUR SUNGLASSES!



THE 5-STEP CHECKLIST: BUYING GLASSES IN GERMANY

1. Routine Check: Schedule your routine eye exam.

2. Visit the tax office: Obtain a VAT

form (NF-1) from your local MWR Tax Relief Office.

3. Find a local optician: Look for an optician in your area. Many businesses near the bases are "military friendly" and familiar with the VAT procedures.

4. Check specifications: Ensure the lenses are UV400 certified. For night driving on the highway, a super anti-reflective coating is also recommended.

5. The final fitting: Don't skip the professional fitting. German opticians place great emphasis on the fit to ensure the glasses stay in place even during physical activity.

PRO TIP: If you're an avid hiker or skier, ask about polarized lenses. These eliminate glare from wet roads or snow, which is often significantly more intense in Europe than at many locations in the U.S.

| by Editor

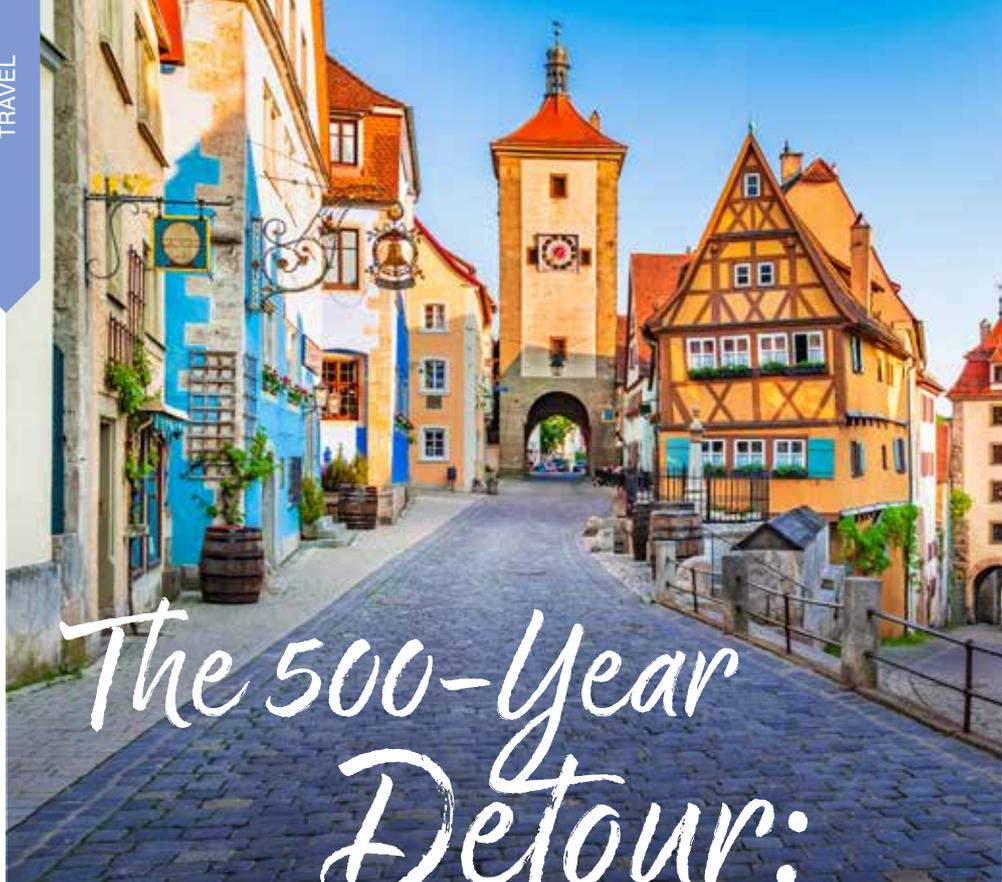
English assistance available

Here to help
you see better

Visit us here

MATT in Eschenbach
Karlsplatz 12
92676 Eschenbach

VAT form
accepted



The 500-Year Detour:

WHY ROTHENBURG IS STILL WORTH A VISIT

More than just a gingerbread Idyll: A Soldier's guide to the fortress that refused to fall

For many Americans in Bavaria, Rothenburg is the jewel on their personal map—a place that transcends the perfect photo opportunity, bringing history to life at every turn. It's a monument to survival, a masterpiece of medieval security, and a city that owes its existence to the intervention of a U.S. general. Before your DEROS date approaches, explore these walls—with insider knowledge.

ONE FATE, TWO SAVIORS: THE GENERAL AND THE WIDOW

Most visitors gaze at the half-timbered houses and think of Disney. What many don't know: In March 1945, Rothenburg was on the verge of complete destruction. It was John J. McCloy,

then U.S. Assistant Secretary of War, who ordered the artillery barrage to be stopped. His mother had once told him about the city's beauty. He negotiated a surrender, saving 500 years of history with a single order. But long before the US Army arrived, the city was guarded by people like Walburga, a 16th-century shoemaker's widow. For her, the 2.5-kilometer city wall wasn't a pleasant stroll, but a high-tech security system. In Walburga's world, status meant nothing if you were outside the gates after the evening bells rang—the medieval version of a strict curfew.

TACTICAL ARCHITECTURE: FORM FOLLOWS FUNCTION

When you see the steep gables, you're not just looking at "old buildings." You're seeing medieval logistics:

Vertical storage: Since expanding beyond the walls was forbidden for defensive reasons, the citizens built upwards. The attics served as granaries to withstand sieges.

The Master Craftsman Seal: In a world before mass production, the guilds enforced strict quality control. A pair of boots from a workshop like Walburga's was an investment for a decade and a stark contrast to our throwaway society today.

THE 4-STEP CHECKLIST FOR YOUR VISIT

- 1. Park outside:** Don't try to maneuver your POV through the Spitaltor (Hospital Gate). Use parking lot P4 (at the Galgentor/Gallows Gate). It is inexpensive and offers direct access to the wall.
- 2. Visit the craftsman's house:** See for yourself how a family lived in the 16th century – spoiler alert: it was cramped, dark, and fascinating.
- 3. The snowball challenge:** Buy a snowball (a local pastry). Pro tip: Don't bite into it like you would into an apple! Break it open in the bag first, otherwise you risk an unplanned trip to the dentist.
- 4. Search for memorial plaques:** Find the section of the Berlin Wall dedicated to the US divisions that liberated the region.



Book your day tour with MWR and let us handle the details. Great destinations, reliable transport, and unforgettable memories are just a click away.



FAST FACTS: Rothenburg

THE WALL:

You can walk almost the entire perimeter of the old town on the covered walkways. Look for the names of American donors engraved in the stones—their support made the reconstruction after 1945 possible.

THE NIGHT WATCHMAN:

The tour starts at 8 p.m. in the Market Square. It's the gold standard for understanding the "dark" side of medieval life.

TAX-FREE:

Always bring a VAT form if you plan to spend more than €75. Most large shops in the old town accept it.



FAST FACTS

LOCATION: Zirndorf (near Nuremberg).
Approx. 1 hour from Rose Barracks/Tower Barracks.

CONCEPT: No rides! Climbing, splashing, and creative role-playing.

PARKING: POV-friendly parking garages available (Max. height usually 2.10 m – be careful with "lifted trucks")!

Photo Credit: PLAYMOBIL-FunPark



Book your day tour with MWR and let us handle the details. Great destinations, reliable transport, and unforgettable memories are just a click away.



PLAYMOBIL FUNPARK: MISSION FUN – FORGET ROLLER COASTERS

Zirndorf offers the perfect training ground for your youngest recruits.

While large amusement parks often require long convoys and big budgets, a real gem is right on our doorstep. The Playmobil FunPark in Zirndorf isn't your typical amusement park; it's an interactive area where "hands-on" is the only rule.

TACTICAL TERRAIN: MORE THAN JUST TOYS

Unlike the high-speed loops of large parks, Playmobil focuses on active play. Your children won't be strapped in seats; they'll board life-size pirate ships, storm knights' castles, and navigate the "Power Paddler" boats. For parents, this means: The kids will be physically exhausted by the end of the day.

WEATHER CONTINGENCY PLAN

The "HOB Center" offers a huge indoor area (approx. 5,000 m²) where the entire Playmobil world is set up in miniature. Even if the Bavarian weather turns amber, the mission can continue indoors.

FROZEN IN TIME:

CONQUERING THE WORLD'S LARGEST ICE CAVE

Your essential guide to the alpine adventure in the Werfen Ice Caves.

While the rolling hills of the Salzburg region seem inviting, deep within the Tennengebirge mountains lies an underground fortress of ice that demands a lot from even experienced travelers. The Werfen Ice Caves are more than just a tourist destination – they are a physical challenge and a natural wonder. Before you pack your POV and head south on the A8 Autobahn, here's everything you need to know for a successful weekend in Austria.

THE LOGISTICS OF AN ALPINE EXPEDITION

Driving in Austria also involves the issue of vignettes. Unlike German Autobahns, Austrian expressways require a toll. Also, make sure your vehicle has a high-visibility vest for every passenger – the Austrian police are known for their strict enforcement.

ZERO DEGREES IN THE MIDDLE OF SUMMER

Inside the cave, the temperature remains a constant 0°C (32°F). This isn't the terrain for a light jacket. To truly enjoy the 75-minute tour, you'll need to dress as if you were going on a winter patrol. You'll be climbing over 1,400 wooden steps – roughly equivalent to the climb up the Empire State Building. Therefore, your footwear should be sturdy and have good grip.



FAST FACTS

TEMPERATURE:
Constant 0°C (32°F). Pack thermal clothing, even if it's 30°C (86°F) in the parking lot.

PHYSICAL REQUIREMENTS:
1,400 steps. Not recommended for people with limited mobility or small children in strollers.

DURATION:
Allow at least 3–4 hours for the cable car ride, hike, and cave tour.

Photo Credit: Eisriesenwelt, Werfen, Österreich

MYSTICAL ADVENTURES BETWEEN FOREST AND ROCK



IN THE STEINWALD NATURE PARK, YOUNG AND OLD EXPERIENCE SUSTAINABLE TOURISM



The Schusterberg is a popular hiking destination around the Friedenfels Nature Adventure Village in the Steinwald Nature Park.



Friedenfels is one of two Bavarian towns that have been designated as a Nature Experience Village.



The many rock formations give the Steinwald a mystical atmosphere. Pictured here: the Vogelfelsen (Bird Rock).

(DJD). Experience the beauty of nature, far from the crowds and the hustle and bustle of everyday life – this is possible in the Steinwald Nature Park. Here, you can immerse yourself in a landscape of forests and meadows, whose bizarre rock formations create a mystical atmosphere. Bavaria's first nature adventure village is the perfect starting point for your explorations.

NATURE AND PEOPLE IN HARMONY

The Steinwald Nature Park is in northeastern Bavaria, nestled between the Fichtel Mountains and the Upper Palatinate Forest. It is the second smallest of Bavaria's 19 nature parks and enchants visitors with its diverse landscape and biodiversity. Basalt domes, bizarre rock formations, enchanting springs, and tranquil castle ruins characterize the region. On hikes, forest adventure trails, and family-friendly tours, visitors get to know nature and gain insights into the life of the forest and its animals. Thanks to active nature conservation efforts and two rangers, many native animal species, such as red deer, adders, garden dormice, and freshwater pearl mussels, thrive in the Steinwald forest. You can learn about the lives of these rare mussels at the Flusssperlmuschel Information Center near the Grenzmühle mill. There you'll also find one of the many picnic stations where you can pick up a chilled basket filled with regional delicacies. Important: Remember to pre-order!

DISCOVERING THE STEINWALD

To explore the Steinwald forest and its wooded and rocky landscape, Friedenfels is an excellent starting point. The village is one of several municipalities within the Steinwald Nature Park and was the first Bavarian Hiking Association to certify it as a "Nature Experience Village" in the summer of 2024. This quality seal has so far only been awarded to two other Bavarian villages. Friedenfels achieved this through its commitment to sustainability and a practiced, low-impact tourism approach. Themed hiking trails, such as the "Time for Me" tours, are particularly noteworthy. Families will also find suitable options: nature trails, easily accessible rest areas, and manageable distances make getting started with outdoor adventures particularly easy. For example, the red deer enclosure near the Waldhaus in Pfaben, about seven kilometers away, is ideal for active people of all ages, and adventurous families can be inspired by the mystique of nature. The intrepid can visit the enchanted Ghost Forest. On the one-kilometer-long path, explorers of all ages will encounter ghostly creatures that invite them into a world of fantasy.



The tourism website www.steinwald-urlaub.de/en, not only lists all the highlights of the Steinwald Nature Park, but visitors can also order free brochures and information material.





Experience the magic

FROM MAGNIFICENT EASTER FOUNTAINS TO THE "SILENT DAYS" –
YOUR GUIDE TO THE HOLIDAYS IN THE UPPER PALATINATE AND FRANCONIA.

Spring marks the beginning of one of Germany's most visually stunning and culturally rich seasons. While the PX supplies you with Reese's Eggs, the world beyond the barracks gates offers traditions that have shaped this region for centuries. Whether you're stationed at Rose Barracks or Tower Barracks, knowing the local Easter etiquette is key to a successful experience.

THE SECRET OF THE EASTER FOUNTAINS

If you see fountains adorned with thousands of hand-painted eggs, you've found an Easter fountain. This tradition, rooted in Franconian Switzerland and the Upper Palatinate, celebrates water as a life-giving force.

Local highlight: You don't have to travel far. Sulzbach-Rosenberg, just minutes from Vilseck, boasts beautifully decorated fountains in its historic old town. It's the perfect backdrop for a postcard-perfect family photo.

RESPECTING THE "SILENT DAYS"

Germany takes its holidays seriously, and Easter includes Good Friday, a legally protected "Silent Day." In Bavaria, the law prohibits public celebrations, dances, and even loud music in bars on these days.

The effect: Local shops, gyms, and markets are closed on Friday and Monday. Monday is another Federal Easter holiday. Use this time for a quiet hike or a private Easter meal but avoid loud house parties—your German neighbors will greatly appreciate it.

CULINARY TRADITIONS: LAMB AND BREAD

Visit a local bakery, and you'll discover the Easter lamb, a lamb-shaped cake, usually dusted with powdered sugar. It's the centerpiece of the German Easter breakfast. Combine it with Easter bread (a sweet yeast bread with raisins) for an authentic experience.



FAST FACTS: EASTER IN BAVARIA

- **No shopping:** Shops are closed on Good Friday and Easter Monday. Do your grocery shopping by Thursday at the latest!
- **The origin of the Easter Bunny:** The Easter Bunny is German. Hide your "nests" (Easter baskets) in the garden; local children firmly believe that the bunny hides them outdoors.
- **The timeframe:** Most Easter fountains are decorated from two weeks before Easter until two weeks after.

THE 5-STEP CHECKLIST: YOUR STRATEGY FOR THE EASTER WEEKEND

1. **Stock up early:** Do your shopping by Wednesday or Thursday. The Friday and Monday closures are strictly enforced.
2. **Cash is best:** While the commissary accepts cards, local bakers often prefer euros for your Easter lamb.
3. **Plan your route:** Enter Sulzbach-Rosenberg or Pottenstein into your GPS to see the most beautiful fountains.
4. **Observe quiet hours:** Remember that Friday is a day of reflection. Keep the noise down if you live off post.
5. **Book brunch:** If you want to eat at a restaurant on Easter Sunday, make a reservation now. Tables are often booked weeks in advance.

Expert tip:

"If you're looking for the ultimate 'Instagram shot,' head to Bieberbach in 91349 Egloffstein. Located in the heart of the picturesque Franconian Switzerland region, it once held the Guinness World Record for the most richly decorated fountain (more than 11,000 eggs)!"

| by Editor



BAVARIAN RED:

NAVIGATING STRAWBERRY & RHUBARB SEASON

MASTER THE LOCAL "PICK-YOUR-OWN" FIELDS, AVOID THE "STRAFZETTEL" TRAP, AND BRING THE AUTHENTIC TASTE OF A GERMAN SUMMER TO YOUR KITCHEN.

Master the local "Pick-Your-Own" fields, avoid the "Strafzettel" trap, and bring the authentic taste of a German summer to your kitchen.

For many soldiers and families stationed in Bavaria, June marks a significant shift. It's not just the start of the PCS peak season or the preparation for summer training rotations—it's the arrival of "Erdbeerzeit" (strawberry season). Unlike the year-round, plastic-clamshell varieties found at the Commissary, German strawberries and rhubarb are highly seasonal, intensely flavorful, and offer a unique "cultural immersion" opportunity right outside the gate.

THE "SELBSTPFLÜCKEN" EXPERIENCE

Bavarian farmers open their fields to the public starting in late May/early June. Look for signs saying "Erdbeeren zum Selbstpflücken." It is a quintessential local tradition, but it requires a bit of logistical planning. Most fields operate on a "pay-by-weight" basis. You bring your own containers (Tupperware or baskets), have them weighed before you start, and pay the difference when you leave.

Pro-Tip: While it's tempting to snack while you pick, excessive "field-sampling" is generally frowned upon, though a few berries are usually fine.

RHUBARB: THE TANGY GERMAN STAPLE

Often found right next to the strawberries is Rhabarber (rhubarb). If you've never cooked with it, be aware: Germans love it in a "Baiser-Kuchen" (meringue cake). Warning: Only the stalks are edible. The leaves contain high levels of oxalic acid and are toxic—ensure they are removed and disposed of before bringing the harvest into your housing unit.

LEGAL & FINANCIAL SITUATION AWARENESS

While the experience is rustic, German regulations still apply. Do not park on the grass or along the shoulders of "Landstraßen" unless specifically marked. German police often patrol these areas, and a "Knöllchen" (ticket) can quickly sour your afternoon.

Regarding payment: This is a Cash-Only world. Since these are temporary seasonal stands, credit cards and VAT forms are almost never accepted. Expect to pay between €4 and €6 per kilogram.

FAST FACTS: STRAWBERRY SEASON

- **Season window:** Early June to mid-July (weather dependent).
- **VAT-form eligibility:** Extremely Low/None. Bring Euro cash.
- **The "Eisdiele" factor:** If you aren't picking, visit a local cafe for an "Erdbeerbecher" (strawberry sundae)—the gold standard of German summer desserts.



THE 5-STEP CHECKLIST: FROM FIELD TO TABLE

1. Gear up: Grab several shallow Tupperware containers (deep containers crush the bottom berries).
2. Cash check: Ensure you have at least €20–€40 in small Euro denominations.
3. Find a "Feld": Use Google Maps search terms like "Erdbeerfeld" or "Beerenmeile" near Grafenwoehr or Ansbach.
4. The weigh-in: Locate the "Kasse" (shack) first. Get your empty containers weighed so you don't pay for the plastic weight.
5. Post-harvest care: Do not wash berries until right before you eat them; moisture causes them to mold rapidly in German humidity.

Expert pro-tip: The "Erdbeerbowle" (strawberry punch)

If you're hosting a backyard BBQ at your house, make a Bavarian strawberry punch. Slice 500g of fresh berries, sprinkle with a little sugar, let them sit for an hour, then drown them in a bottle of dry German Riesling and a bottle of Sekt (sparkling wine). It is the ultimate "Welcome to Summer"-drink that will impress your local German neighbors and fellow Soldiers alike.

| by Editor

THE WHITE GOLD SURVIVAL GUIDE:

HOW TO SURVIVE (AND LOVE) ASPARAGUS SEASON



Photo Credit: Nicole – stock.adobe.com

A GUIDE TO GERMANY'S MOST POPULAR SEASONAL OBSESSION



In the US, asparagus is green, thin, and a side dish that's quickly grilled. In Germany, however, asparagus season (from mid-April to June 24th) isn't just a harvest time—it's a state of emergency. Here's everything you need to know to join in the conversation.

1. The anatomy of the obsession: White vs. green

For Americans, the biggest surprise is often the color. While we're familiar with sun-drenched green asparagus, the German favorite grows underground in mounds of earth, protected from sunlight.

- **White asparagus:** Mild, slightly nutty, almost sweet. It absolutely must be peeled (and thoroughly!).
- **The texture:** It's often served softer than Americans are used to. "Al dente" is rather the exception here.

2. The "Holy Trinity" of the menu

When you order at a Bavarian restaurant, you'll almost always find this classic combination:

- **The asparagus:** Usually 500g (yes, a pound per person is normal!).
- **The protein:** Either classic cooked ham (leg ham) or a thin Wiener Schnitzel.
- **The sauce:** Hollandaise is the gold standard, followed by melted butter.

3. Deciphering the "asparagus etiquette"

There are rules that aren't written down anywhere, but every German knows them:

- **The squeak test:** Fresh asparagus squeaks! If you rub two spears together and they sound like wet rubber boots, it's fresh.
- **The peeling ritual:** If you're cooking it yourself: Peel it from just below the tip to the end. Don't leave a single bit of peel on – it's woody and ruins the moment.
- **The deadline:** On June 24 (St. John's Day), it's all over. After that, the asparagus is "put to sleep" so it

can recover for the following year. Anyone asking for asparagus on June 25 immediately outs themselves as a tourist.

4. Why is everyone so crazy about it?

It's the German version of pumpkin spice season, only with less sugar. Because the season is so short, it creates a collective FOMO (Fear of Missing Out). It's the first real celebration of spring after a long, gray winter.

EXPERT PRO TIP:

Many asparagus farms offer a machine peeling service for a small fee (usually €1 per kilo). If you're hosting a large dinner for your unit or neighborhood, take advantage of this service! It will save you many hours of work. However, keep in mind that pre-peeled asparagus must be prepared the same day, as it quickly loses moisture without its peel.

Photo Credit: Marek Gottschalk | BraveSpirit – stock.adobe.com | by Editor



RECIPE IDEAS:

WHITE ASPARAGUS & SIRLOIN STEAK



SERVES: 2 ADULTS | PREP TIME: 20 MINS |
COOK TIME: 15 MINS

GERMAN STRAWBERRY PUNCH

- 500 g fresh strawberries (halved)
- 3 tbsp sugar
- 1 bottle of dry white wine (e.g., Riesling)
- 1 bottle of sparkling wine (German sparkling wine)
- A few leaves of fresh mint or lemon balm

PREPARATION:

MACERATE: Sprinkle the sugar on the strawberries in a large bowl and pour over approximately 250ml of white wine. Let it macerate in the refrigerator for at least two hours.

CHILL: Just before serving, add the remaining well-chilled white wine.

SPARKLE: Pour the ice-cold sparkling wine over the strawberries just before serving to keep the bubbles fresh. Garnish with mint.

TIP: For an alcohol-free version, simply replace the wine with apple juice and the sparkling wine with mineral water or ginger ale.



INGREDIENTS

- **The Veg:** 1 kg (2.2 lbs) white asparagus (Class I).
- **The Meat:** 2 Thick-cut steaks (Entrecôte or Rumpsteak, approx. 250g each).
- **The Sides:** 500 g "festkochende" (firm) potatoes, peeled.
- **The Sauce:** 1 Pack high-quality Sauce Hollandaise (or make your own with egg yolks and clarified butter).
- **Aromatics:** Salt, sugar, butter, lemon.

STEP-BY-STEP PREPARATION:

1. THE "SALZKARTOFFELN" (SALTED POTATOES):

Place the peeled and halved potatoes in cold salted water. Bring to a boil and simmer for 15–20 minutes. Drain and let them steam dry for a minute – this makes them soak up the sauce better.

2. PREPPING THE WHITE GOLD:

- Peel the asparagus thoroughly (start 1 inch below the tip). Trim the woody ends (about 1 inch).
- The Pot: Use a large pan so the stalks can lie flat.
- The Liquid: Water, a generous pinch of salt, a teaspoon of sugar (to cut the bitterness), and a knob of butter.
- The Timer: Simmer for 12–15 minutes. They should be "al dente" – firm to the bite, not mushy.

3. THE STEAK (THE US-EXPERT WAY):

- Pat the steaks dry. Season only with salt before searing.
- The Sear: Use a heavy cast-iron skillet with high-heat oil. Sear for 2–3 minutes per side for medium-rare.
- The butter baste: In the last minute, add a knob of butter and a crushed garlic clove to the pan. Spoon the foaming butter over the meat.
- The Rest: CRITICAL! Let the steak rest on a warm plate for at least 5 minutes before cutting. Season with black pepper now.

4. THE SAUCE HOLLANDAISE:

Warm your Sauce Hollandaise slowly. **PRO-TIP:** Add a squeeze of fresh lemon juice and a tiny pinch of cayenne pepper to store-bought sauce to give it that "chef touch."

INGREDIENTS

BAVARIAN BOHEMIAN BRIDGE FESTIVAL

This Memorial Day weekend, travelers and locals alike are invited to experience a unique cross cultural celebration of beer, food, and music at the Bavarian Bohemian Bridge Festival, hosted by the Bootshaus Amberg on the scenic Vils River in Amberg.

Set along both riverbanks, the festival taking place at Sunday, May 24, 2026 starting at 11:00 am, brings together centuries old brewing heritage from Bavaria and Bohemia—two regions internationally renowned for their world class beer culture. Visitors can enjoy traditional Bavarian and Czech brews, regional specialties, and handcrafted dishes that showcase the rich culinary traditions of both sides of the border.

Curated in collaboration with the Technical University of Applied Sciences Amberg Weiden and local artists, the festival offers not only exceptional beer and food, but also a cultural immersion featuring art installations, interactive language sessions, and creative performances throughout the day.

MUSICAL LINEUP

► 11:30 AM – Bavarian Brunch Session

De Fuchs'n (Regensburg) deliver classic Bavarian folk music in a lively "Frühschoppen" atmosphere – perfect with a cold beer and hearty local dishes.

► 3:00 PM – Swing & Jazz from Pilsen

Tuten Swing brings upbeat jazz and swing rhythms from the Czech Republic's historic brewing capital.



► 7:00 PM – Rock'n Roll & Blues from Prague

St Johnny closes the evening with high energy blues and rock'n roll, blending Prague's urban music culture with timeless American influences.

A CULINARY & CULTURAL EXPERIENCE BY THE WATER

Guests can expect authentic Bavarian and Bohemian beers – from malty Märzens to crisp Pilsners, traditional dishes and regional favorites made fresh on site, live art and cultural showcases from local creatives, interactive programs designed to highlight the shared heritage of both regions.

Lunch table reservations are available, offering visitors a relaxed way to enjoy the early afternoon festivities.

The Bootshaus Ambergs' Bavarian Bohemian Bridge Festival invites food lovers, beer enthusiasts, culture seekers, and travelers to spend an unforgettable holiday Sunday on the river—celebrating the flavors, craftsmanship, and traditions that unite Bavaria and Bohemia.

Photo Credit: Miriam Koch (2)



BAVARIAN-BOHEMIAN BRIDGE FESTIVAL

May 24, 2026

BEGINNING: 11.00 h

WITH LIVE MUSIC &
BAVARIAN-BOHEMIAN DELICACIES
AROUND THE BOOTSHAUS
AND IN THE SCHIFFGASSE



RECIPE: RHUBARB MERINGUE CAKE

FOR THE SHORT CRUST PASTRY (CRUST):

- 250 g all-purpose flour
- 125 g cold butter (cubed)
- 70 g sugar
- 1 egg
- 1 pinch of salt

FOR THE FILLING:

- 750 g - 1 kg fresh rhubarb (trimmed and cut into 1cm pieces)
- 3 egg yolks (large)
- 150 g crème fraîche or sour cream
- 1 packet vanilla pudding powder (or 40 g cornstarch + vanilla extract)
- 100 g sugar

FOR THE MERINGUE TOPPING:

- 3 egg whites (room temperature)
- 150 g caster sugar
- 1 pinch of salt

INGREDIENTS



A classic rhubarb meringue cake (often called "tear cake" because of the small golden droplets that form on the meringue) is the epitome of German spring. Since rhubarb season in Bavaria and Rhineland-Palatinate usually kicks off in April, it's the perfect theme for a local get-together.

Here's a foolproof recipe that works even with ingredients from your local supermarket.

CLASSIC RHUBARB MERINGUE CAKE

Preparation time: 30 min. | Baking time: approx. 45-50 min.

PREPARE THE BASE:

Quickly combine all the ingredients for the short crust pastry. Knead the dough. Wrap it in plastic wrap and chill for 30 minutes. Then roll it out and place it in a greased 26 cm springform pan, pressing it up on the sides to form a 3 cm rim. Prick the base several times with a fork.

Mix the filling:

Beat the egg yolks, sour cream, sugar, and pudding powder until smooth. Fold in the rhubarb pieces and spread the mixture evenly over the dough base.

Baking (Part 1):

Bake in a preheated oven at 180°C (350°F) for about 35-40 minutes, until the rhubarb is soft and the edges are lightly browned.

Adding the meringue:

While the cake is baking, beat the egg whites with a pinch of salt until stiff peaks form. Gradually add the sugar and continue beating until the mixture is glossy and forms stiff peaks.

Baking (Part 2):

Briefly remove the cake from the oven and decoratively spread the meringue on top (form small "mountains" with a spoon). Bake for another 10-12 minutes at the same temperature until the meringue is light golden brown.

PREPARATION

THE CITY OF AMBERG
celebrates
WITH AMBERG BREWERIES

AMBERG BEER FEST



APRIL 25
IN FRONT OF ACC

MEETING POINT FOR TECH PROFESSIONALS – THE CONRAD PROFISTORE WERNBERG

For more than a century, Conrad Electronic has been the go-to address for technology and electronics.

The family-owned company now focuses on the B2B sector. However, the Conrad Profistore in Wernberg is open to all residents of the Upper Palatinate region who also rely on professional-grade technology for their homes.

TECHNOLOGY AND ELECTRONICS FROM A SINGLE SOURCE

A new monitor, a spare part for your washing machine, or a specialized measuring device? Innovative smart home technology or the latest consumer electronics? The Conrad Profistore in Wernberg is the central hub for business and private customers to meet all their technological needs smoothly and quickly from a single source.

**LOOKING FOR TECHNOLOGY, ELECTRONICS,
AND GREAT SERVICE?**

A RELAXED SHOPPING EXPERIENCE

At the Wernberg store, tech enthusiasts will find everything they need for the smooth implementation of their projects, explains Profistore Manager Roland Riedlbauer: "From electronic components and tools to the latest consumer electronics: In addition to a huge product selection, we focus on special services for a relaxed shopping experience, easy accessibility, and fast availability."

A WIDE SELECTION, EXPERT ADVICE

Upon request, the on-site team also assists customers in finding the right technology for their needs. "Whether you're looking for a new sound system, need help choosing smart home devices, or want to solve a tricky electronics problem – we're happy to advise you personally. We're also here to help with questions about specific products or picking up online orders," says Roland Riedlbauer.

– THEN HEAD ON OVER TO CONRAD!



Unbeatable.
High-quality range.
For you.

Profistore Wernberg
Klaus-Conrad-Straße 4
92533 Wernberg-Köblitz

Opening hours
Monday - Friday 9:30 a.m. - 7:00 p.m.
Saturday 9:00 a.m. - 6:00 p.m.

CONRAD



**Double the Event
Power at the State
Garden Show Grounds**

**SPRING & SUMMER
IN AMBERG**

The Amberg State Garden Show grounds will host two special events in 2026: The „**May Blossom**“ garden fair in May invites visitors to an inspiring spring weekend with plants, garden trends, gourmet food, arts and crafts, and live music. In August, the „**Summer in the City**“ music festival follows, bringing international acts from indie, pop, reggae, rock, hip-hop, and soul to the stage for three days. Both events offer a diverse range of food and drink, comfortable seating areas, and family-friendly activities. Discounted tickets are available on the official websites maiblueet-amberg.de and sommerinderstadt-festival.de, as well as via NTTicket.de.



Photo Credit: Noah Schott; Marcus Rebmann

TNT PROMOTION • EVENTS))
PRESENTS

**Mai
BLÜTE**

**SOMMER
IN DER
STADT**

**MORE THAN 70 EXHIBITORS
FOOD TRUCKS
CHILDREN 'S ATTRACTIONS
LIVE MUSIC**

**3 DAYS OF LIVE MUSIC
2 STAGES
FOOD TRUCKS
WORKSHOPS & MORE**

MAY 1-3

**TICKETS ON
ADVANCE SALE**

AUGUST 7-9

AT THE AMBERG STATE GARDEN SHOW GROUNDS