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WELCOME TO THE EXPANDED SELF HELP

1. The Expanded Self Help has but one primary mission-to serve soldiers and families at Grafenwoehr Training Area. You deserve the best and that's what we want you to have. This store provides a great opportunity to fix up your quarters or office.
2. You are encouraged to use the store and take advantage of the many services we offer. Keep in mind that the tools and supplies are for the maintenance of real property and not to construct nicety items for around the house. For this type of work the craft shop on post is encouraged to be used they have tools as well as needed supplies.
3. We are here to help and we don't mind explaining something you may not understand. If you have any questions don't hesitate to ask.
4. Let us know how we can serve you even better; meanwhile, let's go fix something.

EXPANDED SELF HELP
Grafenwoehr Training Area Germany

STORE CONCEPT:

1. The Expanded Self-Help Program is designed to use available manpower resources more effectively by encouraging troop units and Government housing occupants to conserve utilities, to follow good housekeeping practices, and to perform simple maintenance and repair work (within their capabilities) to supplement the DEH maintenance and repair efforts. No electrical work is authorized except as specified below, i.e. replacing light bulbs, fluorescent tubes, fuses and user preventive maintenance of appliances and kitchen equipment.
2. Your store is also a drop off point for all of your Household Hazardous Waste. The store staff can provide you with a list of these items. Organic waste baskets are located at, or near all quarters on post during the summer months. Organic waste can also be brought to the store, to extend the life of our sanatoria land fill. Organic wastes are leaves, tree branches and grass clippings.
3. If during your visit there is any thing you need or would like to see in your store, don't hesitate to let the staff know. The Warehouse house has items that are not stocked in the store but can be obtained if a need should exist. If an item is not in stock then just fill out one of our want slips and we will call you when that item is available.

SELF HELP GUIDANCE
Types of work Occupants should perform

Refasten coat hooks, clothes poles closet shelves.

Tighten/adjust/lubricate/replace builders hardware, e.g., hinges, handles, screws, door stops, etc.

Install minor accessories, e.g., paper towel holders, bathroom shelf or towel racks.

Painting (use approved pastel color)

Replace caulking around doors, windows and bathroom fixtures.

Install/remove/clean/repair window and door screens.

Replace curtain and shower rods.

Minor kitchen cabinet repairs/adjust drawers.

Minor pest control.

Fire prevention practices.

Routine plumbing maintenance and repairs (e.g., leaky faucet, clogged toilet, winter drainage of exterior water lines, etc.)

Clean/replace light fixtures and bulbs, replace switch and receptacle covers, reset breakers, cleaning and routine maintenance of government appliances (e.g., filter cleaning or replacement, regular defrosting), and total responsibility for personnel appliances.

Grounds maintenance around building including greenery, cleanup, snow/ice removal. In stairwell units, building coordinators will distribute such work equitably.

WHO-WHAT-WHEN-WHERE

Expanded Self Help Staff

Mr. Werner Richter
Mr. Klaus Arnold
Mr. Herrman Fichtl

Self Help Supervisor
Self Help Storekeeper
Self Help Advisor

FACILITIES

Self Service Area
Bulk Storage

Mock up Training Area
Lawn and Garden Area

House Hold Hazardous waste, collection point

OPERATION HOURS

Store will be open as following:

Monday - Wednesday, Friday

09:00 - 15:45 Hours

Thursday

10.00 - 17.00 Hours

Saturday

08:00 - 14:00 Hours

Open during Lunch

LOCATION

The Expanded Self Help Store is next to DEH Railhead on Argonne Ave. Building #394 You can't miss it! Our map is on the inside back cover. Look for the BIG Thumbs up on our building. "You got to love it here in Grafenwoehr!"

PHONE

DSN 475-6331 or CIV 09641-83-6331

Tools Available

The following tools can be checked out (free of charge) to all self-help customers.

Electric Power Tools

Rotary Hammer
Impact Drill
Jigsaw
Circular Saw
Mini Grinder / Cutter

Belt Sander
Orbital Sander
Planner
Carpet cleaner
Hedge trimmers

Hand Tools

Handsaws
Hammers
Ax, single bit
Cement Plastering Trowel
Chisels
Flat File
Wrench, adjust. 10"
Hand drill
Safety Goggles
Caulking Gun
Slip joint pliers
Two foot level

Screwdriver
Crowbars
Sledgehammer
Nail Set
Putty Knife
Metal Shears
Mason Hammer
Drill Bits
Measuring Tape
Wood Plane
Hand saws

Lawn & Garden Tools

Lawn Mowers
Posthole Diggers
Lawn Rakes
Hoes
Garden hose
Trigger Nozzle
Grass Shears
Pick
Leaf Vacuum
Wheel barrow

Weed Eaters
Shovels
Garden Rakes
Leaf Rake
Sprinkler
Street Broom
Hedge Shears
Grass hook, Sickle
Leaf Bags
Grass Shears

Paint Items

Stepladders (6' and 8')
Roller Kits
Sheetrock Tools
Extension handle for rollers

Brushes
Masking Tape
Drop cloths

Lawn and Garden

The following landscaping supplies are available at no charge to all Expanded Self-Help Customers:

Wood Chips
Grass Seed
Flowering Plants (in the spring)

Peat Moss
Fertilizer
Top Soil

Helpful Aids

The following Fix-It aids can be viewed (free of charge) to all Self-Help Customers:

Step by Step Videotapes (VHS Only)

Hand Power Tools
Painting (Interior)
Wood flooring
Electrical
Bathrooms
Lawn care
Basic Landscaping
Weatherization and Insulation
Training Moc-Up area to cover areas you may encounter

Framing
Finish Carpentry
Plumbing
Dry Wall
Storage
Fences and Gates
Exterior Painting

Pest Control Items

Guide to Self Help pest Control

Fly Swatters
Ant Traps

Cockroach Traps
Mouse Traps

SUPPLIES

The following Expanded Self Help supplies are available to all Government housing occupants continued:

BAG, household hazardous waste	HOOK, screw
BAR, towel	HOOK, shower curtain
BOLT, door padlock	HOSE EXHAUSTING, Dryer
BOLT, seat toilet	HUMIDIFIER, flat type
BOLT, window 100mm	HUMIDIFIER, old type
BOWL, oven 6' 8'	INSERT for humidifier, flat type
BRUSH, paint	KEY PLATE, short long type
BUMBER, door rubber	KEY PLATE W/KNOB
CAN CRUSHER	KNOB DOOR, flat, aluminum
CAULKING COMPOUND, white, gray transparent	KNOB DOOR, round, aluminum
CHAIN, stopper	LATCH, bolt lock 180mm
CLAMP, cable	LAMP, fluorescent
CLAMP, hose 5/16" 25-40mm	LAMP, 25W, 40W, 60W, 100W
CLAMP, mirror	LAMP, energy, 11W, 15W, 20W
CLIP, curtain	LAMP, refrigerator/stove
COUPLING, hose water 1/2" 3/4"	NAILS
COVER, Receptacle Switches	NOZZLE, waterhose 1/2" 3/4"
COVER, switch receptacle	PAINT
DISPENSER, paper towel	PAINT, brush
DROPCLTOTH, 4 x 5 m	PAINT, spray can
FASTENER, end curtain rod	PAPER, abrasive
FAUCET, single head	PLUNGER
FAUCET 1/2" 3/4"	RECYLING BAG, yellow
FILLER, wood	ROLLER, curtain 'Gardenia Rigola'
FILLER JOINT	ROLLER, paint
FILTER, grease	SHOWER ASSEMBLY
FILTER, mat	SHOWER HEAD, treble metal
LINT, filter	SHOWER HOSE, 1500mm, plastic
FILTER, screen	SHOWER HEAD, plastic metal, toilet
FUSE, cartridge	SCREEN, window
GASKET, faucet	SCREW, wood
GLOBE, fixture	SEAT, toilet
GRAB BAR, bathtub	SHIELD, expansion
GUN, caulking	SPRING, door (metal)
HANDLE, door	STARTER, fluorescent
HANGER picture	STAINCONTACT stripping)
HASPE, hinge safety type	TAPE, rubber foam(weather stripping)
HINGE, but steel 3 1/2" 4 1/2"	TINNER
HOLDER, paper toilet	TURPENTINE
HOLDER, yellow bag	WIRE STEEL, plastic covered
HOOK, coat hat	YELLOW BAG
HOOK, picture hanger	YELLOW BAG, off Post

HOUSEHOLD HAZARDOUS WASTE

The following material and products are, or contain hazardous material. These generic items are categorized into one more of five major areas; corrosive (C), flammable (F), noxious (N), reactive (R), and toxic (T) wastes. When disposed all of the following items considered household hazardous waste:

Acids (C)	Adhesives (F) (N)
Air Freshener (F)	Antifreeze (N)
Battery Acid (C)	Batteries, Cadmium, Lead & Nickel (T)
Batteries, Lithium & Magnesium ®	Brake Fluid (N)
Car Wax/Polish (N)	Cleaner, Drain (C)
Cleaner, General Purpose (C)	Cleaner, Halogenated (T)
Cleaner, Metal (C)	Cleaner, Window (N)
Corrosion Inhibitor (C)	Deep Fat/Grease (N)
Denatured Alcohol (N)	Detergent (N)
Diesel Fuel (F) (N)	Disinfectants (T)
Energy Efficient Light Bulbs (T)	Fabric Softener (N)
Fluorescent Light Tubes (F) (T)	Gasoline (F) (N)
Glue (N)	Grease (N)
Herbicides (T)	Insecticides (T)
Lubricants (N)	Medicine (T)
Moth Ball (F)	Oil (F) (N)
Oil Filter, Used (N)	Paint (N)
Paint Remover (N)	Paint Thinner (N)
Pesticides (T)	Photo Developer (C)
Polish, Floor (N)	Polish, Furniture (N)
Polish, Shoe (N)	Rust Remover (C)
Scale Remover (C)	Solvents (F)
Shoe Sealer (N)	Spray Cans (F)
Stain Remover (F)	Thermometers (T)
Turpentine (F)	Varnish (F) (N)
Windshield Defogger (N)	Wood Preservatives (T)

Many products have disposal information on the label. If you are not able to promptly and properly dispose of hazardous waste, must store it in your quarters; the following safe tips are offered:

- * Keep the material in the original container with label intact.
- * Wrap the waste in newspapers and place in a double plastic bag.
- * Store in an out-of-the way location, away from children, pets, heat, and water.
- * Never mix different chemicals.

For further information call local Environmental Office:

Grafenwoehr	DNS 475-6279,	POC:	Mrs. Yankers
Hohenfels	DNS 466-2658,	POC:	Mr. Haeffner
Vilseck	DNS 476-2994,	POC:	Mrs. Prem