

Bavarian- American

Fall Quarterly



CYSS Harvest Fest

Halloween

Veteran's Day

***USAG Grafenwoehr
Holiday Bazaar***

Serving the
communities
of the
U.S. Army Garrisons
Grafenwoehr,
Garmisch
and
Hohenfels

November 11th



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This magazine is available on-line:
http://www.grafenwoehr.army.mil/info/BA_Magazine.pdf

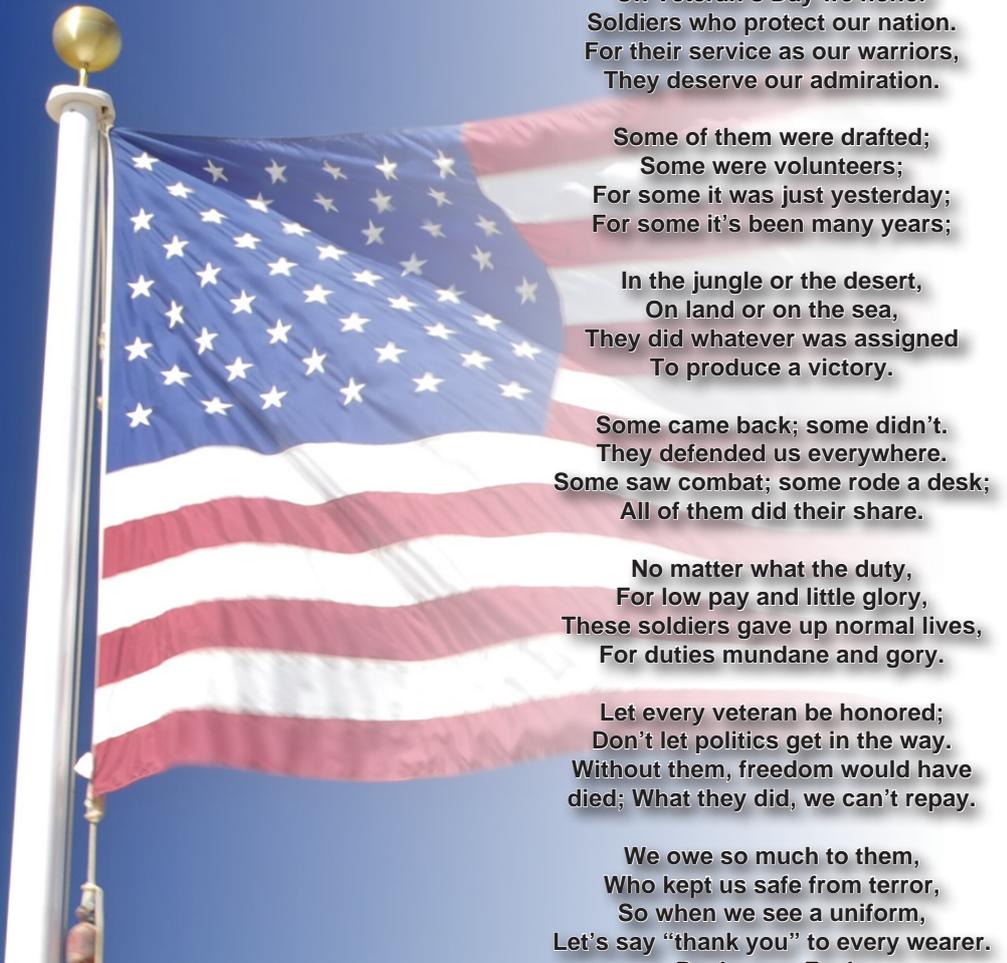
For advertising information contact:
DSN: 475-8656 CIV: 09641-83-8656

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DSN 475-8654/8655
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Information contained in this periodical was correct at the time of printing. Check with local activities for possible changes.

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On Veteran's Day we honor
Soldiers who protect our nation.
For their service as our warriors,
They deserve our admiration.

Some of them were drafted;
Some were volunteers;
For some it was just yesterday;
For some it's been many years;

In the jungle or the desert,
On land or on the sea,
They did whatever was assigned
To produce a victory.

Some came back; some didn't.
They defended us everywhere.
Some saw combat; some rode a desk;
All of them did their share.

No matter what the duty,
For low pay and little glory,
These soldiers gave up normal lives,
For duties mundane and gory.

Let every veteran be honored;
Don't let politics get in the way.
Without them, freedom would have
died; What they did, we can't repay.

We owe so much to them,
Who kept us safe from terror,
So when we see a uniform,
Let's say "thank you" to every wearer.
By Joanna Fuchs

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As Garmisch transitions in to the fall season a number of changes will be taking place.



First and foremost School started and with that started the **Strong Beginnings** program. Strong Beginnings - a new Army initiative, is a Kindergarten readiness program designed for children who have missed the Kindergarten age cut off for the upcoming year. This program runs for 3 hours a day, 08:30-11:30 and follows the school calendar. This program is designed to prepare children to enter Kindergarten through establishing daily routines, specific lesson plans, field trips, and special guests/instructors. We are very excited to introduce Strong Beginnings to our community.

Army Child, Youth & School Services **PreK**

Strong Beginnings

Building foundations for learning!

Language & Reading

Mathematics

Science

Computers

Social Studies

The Arts

Help prepare your child for Kindergarten!

To enroll your child contact Child, Youth & School Services

Supporting the Army Family Covenant **ARMY STRONG**

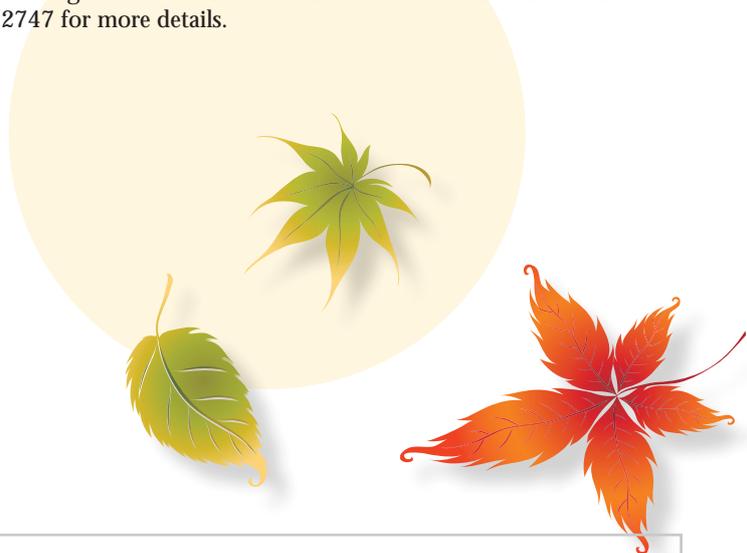
The Garmisch **Outdoor Recreation** shop starts its annual transformation from summer/fall activities to winter. This includes offering ski lessons, maintenance, and specialized trips such as Night Sledding in Erwald, Austria. A number of trips are planned for the fall. These include Prague, Garda, Italy (specializing in cooking), along with the annual Thanksgiving weekend trip to Paris.

The **Crafts Tree** is adding new classes in working with clay, knitting, and quilting. These new additions show how our staff is looking to keep things new and intersecting.

The **Middle School / Teen Center** will be having its annual Halloween Carnival, while the **Library** will present a puppet show for children in November.



The meeting for soccer coaches and players was set for 14 Sept at 6 p.m. at the Mueller Fitness Center. With the **soccer season** already started and running through the end of November, all ID Card holders and authorized patrons are eligible to participate in the league. Please contact our fitness center staff at DSN 440-2747 for more details.



New Program! For the first time offered at the Crafts Tree!
Join us for the new

Hand built Pottery Class

You will learn coil and slab building techniques! Make cups, bowls, flowerpots, candleholders, or whatever you imagine! Fee for the **beginners'** class is \$48, which includes four hours of instruction, enough clay for your first two projects, paints, glazes, use of tools, brushes, and everything you need to start creating.



The class will consist of two class meetings of two hours each, Wednesday 23 & 30 September, 1800-2000. Advance sign up by September 13th is required.

*Crafts Tree, Bldg. 263, Artillery Kaserne, USAG Garmisch, DSN 440-3888, civ. 08821-7503888
Tue, Wed, Thu: 1000-1300 & 1500-1900, Sun: 1300-1700*

Programs & Classes

Weekly Classes

Rock and Rollick Playgroup

Interactive group for parents and their pre-K children
Each Tuesday, 10-11:30 a.m.
Pete Burke Annex

Quarterly Classes

Army Family Team Building (AFTB)

Level 1
3 December
ACS Training Room

Newcomer's Orientation & Culture Class

22 October
Newcomers' Orientation, 8:30-11:30 a.m.
Culture Class, 1-4 p.m.
ACS Training Room

In addition to weekly and quarterly offerings, ACS Garmisch offers **personalized one-on-one services** in all of our program areas. If you are interested in any of the following topics, please give us a call to set up a convenient time for you to meet with one of your ACS Team Members.

Army Volunteer Corps

Give the gift of time and talent to your community; visit ACS to learn about available volunteer opportunities in the community.

Army Family Action Plan

Got issues? We can show you the process to get your concerns heard by Army leadership.

Army Family Team Building - AFTB

Build self-reliance and self-sufficiency. Level 1 - 3 classes are also available online at www.militaryonesource.com.

Employment Readiness

Learn the ins and outs of preparing resumes, job applications, navigating the federal system and federal resume writing, interviewing, dressing for success, and career planning. (resource materials, computers printer, fax and phone are available to complete the package)

Exceptional Family Members

Advocacy, education, and support for family members with an educational or medical special need.

Family Advocacy

Anger and/or stress management, couples communication and parenting. Support is also available for Families experiencing domestic abuse and victims of sexual assault.

Financial Readiness

Budget development, making wise choices, savings plans, and options, establishing, and maintaining solid credit, reading my credit report, decreasing debt, and consumer issues. Emergency financial aid is available through our Army Emergency Relief Section to eligible Active Duty, Retired members and their families.

Mobilization and Deployment

Pre, during and post deployment support to include reunion and reintegration counseling/training.

Relocation Readiness

Lending closet, sponsorship information, and training, pre and post move assistance, cultural adaptation, newcomer's orientation, and culture class. Useful websites include Military Installations and PlanMyMove.



Bldg 203; DSN 440-3777 or CIV 08821-750-3777
Hours: M-F 8 a.m. - 5 p.m.; Closed on U.S. Holidays



First Army Family Team Building Graduate for USAG Garmisch

Army Community Service Garmisch is happy to announce our very first AFTB Level 1 graduate, Mrs. Chelsea Watson. She is a 26 year-old working mother of three, married for six years to SPC Jonathan Watson, Military Police.

The couple's first duty station was in Fort Rucker, Alabama. "This was actually a very nice posting except for the fact that I had no idea what the Army had to offer to me. I felt very apprehensive about being so far from home and all of my family for the first time," comments Mrs. Watson. Next came a brief 18 month period at Fort Polk, Louisiana before the family arrived in Garmisch, April 2007.

Utilizing the new ACS Center services at Garmisch, Ms. Watson learned of the AFTB Program and began taking the online courses. "I have completed AFTB Level 1 which is geared towards new families, and I am currently working on AFTB Level 2. I hope to soon become a Master Trainer so that I can help new military families transition to their new lifestyle smoothly," Mrs. Watson stated.

"We are thrilled to celebrate this accomplishment with Chelsea and will support her wholeheartedly as she works toward her goals," said Ms. Doris Tyler ACS Director.

For more information about the AFTB Program contact your local ACS.

COMING TO GARMISCH? CYS SERVICES OFFERS A VARIETY OF PROGRAMS FOR YOU!

by Ellen Harris, USAG Garmisch CYS Services Coordinator

Did you know that if you are visiting Garmisch on vacation or TDY you could take advantage of Garmisch Child, Youth & School Services? Check out what we can do for you:

Army Family Covenant

If you are entitled to Army Family Covenant benefits at your home garrison (including free and/or reduced-fee respite care hours) you may use them at Garmisch CYS facilities. Just let us know when you make reservations and we will take care of the rest.

File Transfers

If you are already registered with CYSS at your home garrison, you do not need to fill out registration paperwork with us. We can arrange to have your files transferred to us electronically.

CYSSitters

If you prefer having child care come to you, CYSSitters are just what you need! We maintain a list of both adults and teen babysitters, all of whom have been trained by CYS Services staff. CYSSitters are available on weekends and evenings as well as during the day.

Special Openings

The CDC frequently opens Friday nights and Saturday mornings, as well as occasional weekday evenings and Sunday mornings. If you would like to go out for dinner or do some shopping or sightseeing, take advantage of Child Development Center special openings! Just give us a call to check our schedule and reserve spaces.

Sports Programs

At any given time, you will see our Sports & Fitness staff providing "pick-up" games and other outdoor activities. If you are here for several days or a week, call and see if we have scheduled a sports camp. Just this year alone we have held Golf, Soccer, Baseball, Basketball and Archery camps.

Child Development Center

The CDC offers care for children ages 6 weeks – 5 years. Your children may participate in all of our activities, including field trips and Start Smart sports programs. Whenever possible we ask that you make advance reservations in order to ensure that we have space available.

We will make your time in Garmisch as enjoyable for your kids as it is for you!

School-Age Services

Children in Kindergarten – 5th grade participate in a variety of activities, and we have the full range of programs and amenities you would expect at your home garrison. We open at 2:30 p.m. during the school year; on school-out days, we are open all day. We recommend advance reservations, but we can frequently accommodate "same-day" requests.

Middle School / Teen Center

We have a computer lab, game room, video games, basketball court, foosball, pool tables, and much more. The MSTC opens at 2:30 p.m. during the school year and at 11 a.m. on school-out days. Visiting teens are invited to drop in and hang out, and may join us for special events such as field trips and dances.

CYSS Central Enrollment/Registration

DSN 440-2284/CIV 08821-750-2284

Child Development Center

DSN 440-2684/CIV 08821-750-2684

School-Age Services

DSN 440-2654/CIV 08821-750-2654

Middle School/Teen Center

DSN 440-2600/CIV 08821-750-2600

Sports & Fitness

DSN 440-2599/CIV 08821-750-2599

Classes and Services

ACS Weekly Jobs List

Are you looking for a job? Get the jobs list and information about open positions every week via email. acs.joblist@us.army.mil

Tell us how we are doing

ICE-Interactive Customer Evaluation <https://ice.disa.mil>

Army Family Action Plan

The AFAP is a program that seeks input for the most significant issues that affect the quality of life of Soldiers, their Families, retirees, and Department of the Army (DA) Civilians. These issues are identified by Soldiers, Family members, retirees, and Civilians, from all components, and their feedback is provided to leaders and worked toward resolution. The AFAP process starts at your Army Community Service. Please call ACS where you can become part of the AFAP process

Battlemind Training For Spouses

Battle-mind training is designed to help develop a realistic preview of the stresses and strains of deployment on Soldiers and their Families. Families are encouraged to attend a session to have a better understanding on how Battle-mind affects Soldiers, spouses and other family members. Please call ACS Mobilization/Deployment to arrange a briefing.

Care Team Training

Care Team training prepares care team members with the foundation to help a Family cope with the immediate after-effects by show team members how to provide necessary support without overwhelming the survivors and creating additional stress for them. Please call ACS Mobilization/Deployment to schedule your unit's training.

Child Abuse Identification, Prevention and Reporting Process

This course covers information about how to identify child abuse, what it is, plus the reporting avenues that are available. Please call ACS to arrange a briefing.

Compassion Fatigue

"Helping others in your military community who are in crisis can bring significant personal satisfaction, but this work also can take a toll on the helper. Compassion fatigue, or the "cost of caring" (Figley, 2002), is a natural reaction to working with traumatized people. Helpers can benefit from knowing the signs of compassion fatigue, steps they can take to prevent or limit the negative effects of reaching out to others, and ways to promote the positive reactions from doing crisis work, called compassion satisfaction." Contact ACS for the next scheduled briefing

Coupon Exchange Program

Overseas, AAFES and the Commissary accept manufacturers' coupons up to 6 months past the expiration date. There are dozens of organizations and patriotic citizens back in the States who clip and mail thousands of coupons every month to help save our Soldiers and Families money. Stop by ACS to pick up some coupons today. If you're interested in volunteering for the program, you can apply for the position listed on www.myarmyonesource.com

Domestic Violence Prevention and Response Procedures

This class provides basic information about how to identify domestic violence and what it is, plus the reporting avenues. Please call ACS to arrange a briefing.

"Dumping Debt"- DVD by Dave Ramsey is available to borrow on request. Call ACS Financial Readiness.

Emergency Placement Care Provider Training

This training provides basic information for anyone interested in becoming an Emergency Placement Care Provider. Instruction includes administrative requirements, training, expectations, and various aspects of temporary care for emergencies. Please call ACS Family Advocacy Program to arrange a briefing.

FRG Point of Contact (POC) Training

If you are a POC for your FRG this class will introduce you to valuable skills, tools, resources and responsibilities when communicating and working with family members. Call the ACS Mobilization/Deployment team to schedule training for your FRG.

Hospital Tours

For expecting parents, tours will be offered in Weiden, Amberg and Sulzbach-Rosenberg hospitals. Meet the staff, see the facilities tour includes Labor and Delivery room, Post Partum and the NICU. Know before you go. Please Call ACS New Parent Support Program to Register or for More Information!

Investing 101: Basic Investing

The emergency fund is set up, your retirement plan is under way, and bills are now under control. You have worked hard for your money, and are now ready to have your money work harder for you. Join us to find out the basics of investing—stocks, bonds, mutual funds—to see what could be right for you. See Next Quarters Guide for Scheduled Classes

Investing 102: Understanding Mutual Funds

A little bit can go a long way. This class will help participants better understand what mutual funds are, how they operate, and some of the fees connected with investing. Know how to protect your investments. See Next Quarters Guide for Scheduled Classes

Investing 103: Finding the Fund

After Investing 101 and 102, you're ready to get started! This class includes using on-line research to find a reading and prospectus to get you well on your way to successful investing. See Next Quarters Guide for Scheduled Classes

Military Family Life Consultant (MFLC) Program

The on-going war on terror and the subsequent increase of deployments have heightened the stress placed on military families. Stresses include single parenting resulting from deployment, child-care, financial stability, frequent relocations and more. Need to talk with someone? MFLCs provide non-medical, short term, situational, problem-solving counseling services to Soldiers, their families and civilian employees of the community. Consultations are confidential, except when there is a duty to warn. They must report child/domestic abuse, violence and harm to self or others. Their numbers are: South Camp, 0152-0294-0761 East Camp 0152-0293-4290 or 0152-0241-5226

New Kids on the Block—Newcomer Orientation

Youth learn about the area and discover the cultural differences between the US and the local customs. A new way to help your kids connect to their new surroundings. The School Liaison is the point of contact to register. There is one in every school. Help your child incorporate the right way. Call ACS to get future dates and times.

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Nursing Mothers & New Parent: Support Groups

Offered the first and third Thursday of each month at the New Parent Welcome Center located at ACS South Camp from 10-11:30 a.m. Pre-registration recommended.

Personalized Services for New Babies

A series of personalized services are available to new parents to ensure you have a good environment for your child and have all the latest information to help ensure a happy baby. Services include; Individualized lactation consultation provided by a Certified Lactation Counselor, and Home Visitation offering individualized education and support. Call ACS New Parent Support Program for an appointment.

Ready Army

Get a kit, make a plan and be informed; are you prepared? READY ARMY was launched in September 2008 to coincide with the National Preparedness Month: aimed at Army Soldiers, their Families, Army Civilians and Contractors to prepare them for all hazards, manmade or natural. You can contact your local Army Community Service Mobilization/Deployment team for information to build your Emergency Preparedness Plan. Emergency Preparedness Plans. Resources are also available for download at: <https://www.us.army.mil/suite/page/464795>. The plan and kit could be very useful during the installation's annual Force Protection/Anti-Terrorism exercise. READY ARMY- preparing Army Communities today for the hazards of tomorrow, keeping America's Army Strong.

Soldier & Family Assistance Center (SFAC): is an expanded USAG Grafenwoehr ACS (Army Community Service) program, staffed by a team of civilian employees and Warriors in Transition who provide compassionate, coordinated services for Warriors in Transition and their Families. The SFAC is located in close proximity to the Warrior Transition Unit (WTU). The WTU is a transition assistance unit aimed at overseeing the health, welfare and morale of Soldiers in the healing process. The SFAC is located in Bldg. 227, South Camp; Open Monday through Friday from 8 a.m. to 5 p.m.

How does the SFAC assist Soldiers and Families?

- By providing the following services:
- In/Out processing
- One-on-One Counseling
- Information and Referral Services
- Crisis Intervention
- Education Guidance Counseling
- Military Personnel File Review
- Support Group for Spouses of Injured Soldiers

Please visit our sfac website:

www.imcomeurope.army.mil/sfac/grafenwoehr

Teen Class for High School Students

All about the teens, what they want to see happen in their community. Student directed, and a fun way to get activities going for the teens. Starts in the Fall, contact ACS for dates and times

Victim Advocate Training, Advanced

Advance training supplements the basic UVA training in 4 Modules, providing victim advocacy to victims of sexual assault. Please call ACS Family Advocacy Program to arrange a briefing.

Army Family Team Building: Level One

It doesn't matter if you're new to Army life, a "seasoned veteran", or somewhere in-between, you'll find this course on today's military structure helpful and informative.

Oct. 14-15, 9 a.m.-2:30 p.m., South Camp Bldg. 221

Nov. 4 - 5, 9 a.m.-2:30 p.m, Netzaberg School Age Services

Dec. 2- 3, 9 a.m.-2:30 p.m, South Camp Bldg. 221

Army Family Team Building: Level Two

Whether you're an emerging leader within the Army community or simply want to tackle the difficulties in home and work life, this three day course offers inspiring strategies for personal development. Oct. 27-29, 9 a.m.-2:30 p.m, Netzaberg School Age Services Bldg. 9010

Army Family Team Building: Level Three

This is a course which offers a wide variety of subjects that are geared to spark ideas and help participants enhance professional growth and leadership opportunities in the areas of career as well as community volunteering.

Nov. 17-19, Netzaberg school Age Services

Checking Account Maintenance Class

Not only learn the importance of keeping and balancing your checkbook register, but also experience the how-to of reading and reconciling bank statements against what your checkbook register shows.

Oct. 7 1-3:30 p.m. South Camp, ACS

Nov. 4 1-3:30 p.m. East Camp, ACS

Dec. 2 1-3:30 p.m. South Camp, ACS

Couples Communication

If you have ever wanted a deep, fun, more committed relationship; then this is the class for you. It's a series of six, two hour classes designed to help couples identify the risk factors they might be facing and to learn tools to help them communicate more effectively-and without fighting! It teaches couples to act on the commitment that they have in their marriage and build on their strengths so they can enjoy a more fulfilling and loving relationship.

Oct. 6, 13, 20, 27, 12-2 p.m. Graf Chapel Annex, Bldg. 140, Rm. 204

Nov. 3, 10, 12-2 p.m. Graf Chapel Annex, Bldg. 140, Rm. 204

Discover Your Neighborhood—Level II, 1Day

Big experiences within a small area, the range of art and culture nearby is fascinating. Moving to a new place can be exciting and also challenging. Find out and enjoy history, tradition and life during visits to our local communities. Whatever you are interested in- specialty restaurants, nightlife, window shopping—our area has something for everyone. Not only outdoors types can enjoy exploring parks, open air pools, lakes or the wild life in our woods. Pre-registration required!

Oct. 21, 8 a.m.-5 p.m. Train Ride

Nov. 6, 9 a.m.-5 p.m. Visit to a Gingerbread Factory

Dec. 2, a.m.-5 p.m. Enjoy a Local Christmas Market

Call ACS to get pick up times and locations.

EFMP Bowling at Vilseck and Grafenwoehr

This bowling opportunity serves a two-fold purpose to entertain special needs Family members and to serve as a springboard for networking for parents of special needs children and it is FREE!

Oct. 7, 3-5 p.m. South Camp Bowling Center

Oct. 15, 3-5 p.m. East Camp Bowling Center

Nov. 4, 3-5 p.m. South Camp Bowling Center

Nov. 19, 3-5 p.m. East Camp Bowling Center

Dec. 2, 3-5 p.m. South Camp Bowling Center

Dec. 17, 3-5 p.m. East Camp Bowling Center

EFMP Roundtable Conversations

A monthly focus group meeting open to the public to discuss concerns, suggestions, or enhancements for possible action to enhance the quality of life for special needs services in the community.

Oct. 9, 3:30-5 p.m. South Camp ACS, Bldg 322.

Nov. 13, 3:30-5 p.m. East Camp Bldg. 539, Room 236

Dec. 11, 3:30-5 p.m., South Camp ACS, Bldg 322.

EFMP Support Group

This monthly support groups meets to share common experiences unique to special needs. It provides a place to network within the community and to learn about new information and resources on special needs.

Oct. 5, 3:30-5 p.m., South Camp ACS, Bldg. 322.
 Oct. 19, 3:30-5 p.m., East Camp Bldg. 539
 Nov. 2, 3:30-5 p.m., South Camp ACS, Bldg. 322.
 Nov. 16, 3:30-5 p.m., East Camp Bldg. 539
 Dec. 7, 3:30-5 p.m., South Camp ACS, Bldg. 322.
 Dec. 14, 3:30-5 p.m., East Camp Bldg. 539

English as a Second Language (Level 1 and 2)

English course designed to help build English skills in both speaking & writing. Basic English skills for those who did not grow up with English as a primary language.

Oct. 27, 29, 5:30-7:30 p.m., South Camp ACS
 Nov. 3, 5, 10, 12, 17, 19, 24, 5:30-7:30 p.m., South Camp ACS
 Dec. 1, 3, 8, 10, 15, 17, 5:30-7:30 p.m., South Camp ACS

FRG Leadership F.U.N. (Facilitate, Unite, Network) Workshops

These interactive seminars are designed to help FRG Leaders, Co-leaders, Advisors and Liaisons motivate maximum participation within their FRG. It gives leaders an opportunity to get fresh, fun and creative ideas covering different aspects of the Family Readiness Group. Pre-registration is required with a class limit of 15 students.

Oct. 6, Step-by-Step Fundraising, 9:30-11:30 a.m. ACS Lounge South Camp
 Oct. 6, Practical Portfolios, 10 a.m.-12 p.m. East Camp Chapel Annex
 Nov. 3, Deployment & Children, 9:30-11:30 a.m. ACS Lounge South Camp
 Nov. 3, Manage the Madness, 10 a.m.-12 p.m. East Camp Chapel Annex

Family Readiness Group (FRG) Basic Course

FRG leaders, Family Readiness Liaisons (FRLs), Rear Detachment Commanders and advisors will benefit from this three day course in which participants learn key planning strategies, communication skills, and other significant elements in supporting the members of their FRGs.

Nov. 17-19, 9 a.m.-2 p.m. South Camp ACS

Family Readiness Support Technician Workgroup

The FRST Work Group Sessions are offered once a month to provide FRST's the opportunity to network with each other while discussing a specific topic that relates to their day-to-day operations. Subject Matter Experts are invited to be available on site to provide guidance on those various topics, covering policies and permission as well as to help navigate ideas and suggestions during this brainstorming process. Open to all FRST's within USAG Grafenwoehr.

Oct. 7, 9:30-11:30 a.m. South Camp ACS
 Nov. 4, 9:30-11:30 a.m. South Camp ACS
 Dec. 2, 9:30-11:30 a.m. South Camp ACS

FRG & Community Leaders Forum

This is a monthly briefing/meeting designed to help those in leadership positions within their Family Readiness Group (FRG). Community resources, upcoming events, professional development and more topics of interest are covered. Contact ACS to register.

Oct. 20, 9:30-11:30 a.m. East Camp Chapel Annex
 Nov. 16, 9:30-11:30 a.m. South Camp ACS

Great Expectations A nine week series of education classes

for expectant and new parents. Topics include: Adjusting to pregnancy, relationship changes, nutrition and exercise, labor and delivery, basic infant care, breastfeeding, understanding infant cues, calming your baby, child development, parenting skills plus much, much more!

Oct. 16, 23, 30, 10-11:30 a.m., South Camp ACS
 Nov. 6, 13, 20, 10-11:30 a.m., South Camp ACS
 Dec. 4, 11, 18, 10-11:30 a.m., South Camp ACS

"Hearts Apart" - For spouses of Deployed Soldiers and Rear Detachment Teams

Enjoy cultural sights, experience wildlife, special city tours for kids, adventure playgrounds and castles. Mingle and socialize with other spouses and rear detachment personnel that may be experiencing the same thing you are.

Oct. Tour of local organic farms e.g. visit a cheese farm, butcher, and vegetable farm.
 Nov. Gingerbread factory and Gummibear outlet.
 Dec. Bavarian Holiday treats
 Call ACS Relocation for date, time and pickup locations

Holiday time in Bavaria

Find out about some of the many Bavarian Holiday traditions and food and bring them into your own holiday celebrations.
 Nov. 16, 10 a.m. East Camp ACS

Home Buying Basics

Plan now and buy your home later. Get the facts about VA home loans and what they cover, hidden move-in expenses, what to look for in a neighborhood and much more! A must class for first time buyers. Get to know the ins and outs of home ownership.
 Dec. 2, 5-6 p.m. East Camp Library

Infant Massage Class

This class communicates a message of love to your baby and helps baby relax and let go of tension. Babies sleep better; have an easier time with feeding and this also increases attachment and bonding. Pre- Registration recommended.

Oct. 13, 10-11:30 a.m. South Camp ACS Lounge
 Nov. 10, 10-11:30 a.m. South Camp ACS Lounge

International Spouses Club

The Foreign Born Spouses' group is formed to provide a forum for the interchange of ideas between people of different national backgrounds, as well as, to create an opportunity for spouses to come together and share in recreational and cultural activities.

Oct. 29, 4 p.m. **Driver's test made easy**, South Camp ACS
 Nov. 6, 4 p.m. **US Citizenship Information**, South Camp ACS

Interview Skills Class

Find out what is required to have a successful interview. Learn about common questions asked, what questions you should ask, how to dress and other ways to make a good impression.

Oct. 21, 1:30-2:30 p.m. East Camp ACS
 Oct. 27, 1:30-2:30 p.m. South Camp ACS
 Nov. 10, 1:30-2:30 p.m. South Camp ACS
 Dec. 15, 1:30-2:30 p.m. South Camp ACS

Love and Logic

This parenting class will help teach parents effective ways to communicate with their children, gaining insight on listening and connecting in a positive way.

0-6 year olds
 Oct. 21, 28
 Nov. 4, 11, 18, Graf Chapel Center 12-1:30 p.m.
6-12 Year Olds
 Nov. 25
 Dec. 2, 9, 16, 23, Graf Chapel Center 12-1:30 p.m.

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Money Management Class

Discover ways to take control of your money and finances, instead of your money controlling you. This class covers a number of financial topics including: Financial goal setting, budgeting, insurance, savings and investing, and identity theft.

Oct. 21, 1-3 p.m. South Camp, ACS

Dec. 9, 1-3 p.m. South Camp, ACS

Organizational Point of Contact (OPOC) Training for Organizations utilizing Volunteers

This class is for you if you are the Point of Contact for your organization. Learn how to get your organization's account up and running on the "myarmyonesource.com" website so that your volunteers can register, submit hours, and create a portfolio with all there volunteer information.

Oct. 14, 9-10:30 a.m. South Camp, Bldg 221

Nov. 18, 9-10:30 a.m. South Camp, Bldg 221

Dec. 16, 9-10:30 a.m. South Camp, Bldg 221

Sep. 18, 9-10:30 a.m. South Camp, Bldg 221

Playgroup

This group is an opportunity for parents to gain support and to spend one on one time with their infant or toddler.

Vilseck Play Group 9:30-11:00 a.m. South Camp Chapel

Oct. 7, 14, 21, 28, Nov. 4, 11, 18, 25 Dec. 2, 9, 16, 23, 30

Graf Play Group 9:30-11:00 a.m. East CampChapel Annex

Oct. 6, 13, 20, 27 Nov. 3, 10, 17, 24 Dec. 1, 8, 15, 22, 29

Plan My Move

Get ready and plan your Move now. Take advantage of all the resources available to you. Discover all the links to a successful and less stressful PCS or move. Registration is required

Oct. 22, 2 p.m. Rose Barracks , ACS

Respite Care Providers Training

This training is available for prospective EFMP respite care providers. The training goes over expectations of administrative and certification requirements.

Nov. 9, 3:30-5 p.m. East Camp, Bldg. 539

RESUMIX and Resume Writing Class

Employment Readiness provides Soldiers, Civilians, and Local Nationals with help in writing a resume, and also information on how to apply for Federal positions using the RESUMIX system.

Oct. 6, 1:30-2:30 p.m. South Camp ACS

Oct. 14, 1:30-2:30 p.m. East Camp ACS

Nov. 3, 1:30-2:30 p.m. South Camp ACS

Nov. 18, 1:30-2:30 p.m. East Camp ACS

Dec. 1, 1:30-2:30 p.m. South Camp ACS

Dec. 9, 1:30-2:30 p.m. East Camp ACS

Stress Management

You will learn the early warning signs of stress and then the coping strategies and techniques. You will learn about the physical, emotional and mental symptoms of stress. Then develop your own action plan to combat the stressors you may have. This class offers a combination of interactivities, speakers, and beneficial self help.

Oct. 2, 16, 23, 30, 12-2 p.m. South Camp ACS

Nov. 13, 20, 12-2 p.m. South Camp ACS

Dec. 4, 11, 18, 12-2 p.m. South Camp ACS

Traveling in Bavaria (Bargains when travelling)

Your car hasn't arrived yet, but you are eager to get out and explore your new surroundings. No problem! ACS has the workshop for you. Learn how to read public transportation schedules, purchase tickets, take advantage of the regional bargains and return safely home. Pre-registration required prior to Oct. 16

Oct. 21, 9 a.m.-2 p.m. Contact ACS to confirm pickup times and location.

The Total Army Sponsorship Program

Come and join ACS and learn about the resources and responsibilities associated with being an outstanding sponsor for your units incoming and departing Soldiers and Families.

Oct. 19, 10 a.m. South Camp ACS Lounge

Nov. 16, 10 a.m. South Camp ACS Lounge

Victim Advocate Training, Initial Unit

Unit Victim Advocate is a specially trained Soldier to assist victims of sexual assault in garrison and deployed areas. Camp Normandy, Bldg. 3144, Graf

Oct. 6, 8:30 a.m.-4:30 p.m. CATC in Vilseck

Nov. 10, 8:30 a.m.-4:30 p.m. Camp Normandy, Bldg. 3144

Dec. 8, 8:30 a.m.-4:30 p.m. CATC in Vilseck

Welcome to Bavaria - Newcomer Orientation - Level I

This four day event offers newcomers to the USAG Grafenwoehr the basic survival skills and "know how" to locate resources, use basic German language skills, discover places to travel to and recreational opportunities. Find the answers to your questions and meet the people who can assist you. Register early. Call ACS to get pick up times and locations.

Oct. 12- 15, 9 a.m.-4 p.m.

Nov. 9- 12, 9 a.m.-4 p.m.

Call ACS for pick-up time/location in your community

Welcome to Bavaria - A Reunion

This reunion is for participants who participated in Welcome to Bavaria during 2008 and 2009. Get reacquainted with some old friends and meet new ones as you share your Bavaria experience.

Also see what Santa Claus has in store for you. Register early.

Dec. 8, 11 a.m. South Camp ACS

MWR JOBS!

USAG Grafenwoehr Family & Morale, Welfare and Recreation (F&MWR) is a comprehensive network of social, recreational and leisure services designed to enhance the lives of Soldiers, their Families, civilian employees, military retirees and other eligible participants. F&MWR strives to deliver the highest quality recreation, entertainment and community support services.

Individuals interested in F&MWR positions should search the list of non-appropriated fund (NAF) employment opportunities on-line.

- Visit <http://cpol.army.mil>
- Click "Employment"
- On the left, click "Search for Jobs"
- Select Germany to see all of the available positions!

Contact the Non-Appropriated Fund Personnel Office for more info.
 Grafenwoehr, Bldg. 244
 DSN: 475-6886
 CIV: 09641-83-6886

Special Needs Support Groups

In an effort to better serve the Exceptional Family Member Program community, we at the Army Community Service have enhanced our offerings of support groups to better meet everyone's needs. It's a common understanding that living overseas pose different challenges and opportunities that otherwise would not be present if one lived in the US.

As is the case we have scheduled monthly support groups in both Vilseck and Grafenwoehr to facilitate the support of the community. These support groups have a diverse and far reaching focus so that anyone with special needs or parents of special needs children may attend. The intent of these support groups is to share information and challenges so that together we can share for solutions or just have a forum to voice your challenges. Below is a schedule of the support groups with dates and times for your ease.

Oct. 5, 3:30-5 p.m., South Camp ACS, Bldg. 322.
 Oct. 19, 3:30-5 p.m. East Camp, Bldg. 539
 Nov. 2, 3:30-5 p.m. South Camp ACS, Bldg. 322.
 Nov. 16, 3:30-5 p.m. East Camp, Bldg. 539
 Dec. 7, 3:30-5 p.m. South Camp ACS, Bldg. 322.
 Dec. 14, 3:30-5 p.m. East Camp, Bldg. 539

For those who would like to have fun while meeting other special needs children or Families we have created the EFMP Bowling, this is a new activity that aims at getting our special needs children the opportunity to come out and have some fun. The entire bowling experience is paid for to include shoes, and

bowling. Come on out and join us and share in the special experience! Below are the dates and places for our Free EFMP Bowling.

Oct. 7, 3-5 p.m. South Camp Bowling Center.
 Oct. 15, 3-5 p.m. East Camp Bowling Center.
 Nov. 4, 3-5 p.m. South Camp Bowling Center.
 Nov. 19, 3-5 p.m. East Camp Bowling Center.
 Dec. 2, 3-5 p.m. South Camp Bowling Center.
 Dec. 17, 3-5 p.m. East Camp Bowling Center.

Got any good ideas or information that others in the special needs community may benefit from? Come and join us in our newly created EFMP Roundtable Discussions, this group meets monthly so that we can share new ideas and resourceful ways to make life better for all special needs members of the community. Our goal is to create Family resiliency and to hear ideas or challenges for recommending action to better serve our Families. Below is the schedule for our planned meetings:

Oct. 9, 3-5 p.m. South Camp ACS, Bldg. 322.
 Nov. 13, 3-5 p.m. East Camp, Bldg. 539.
 Dec. 11, 3-5 p.m. South Camp ACS, Bldg. 322.

For more information or to sign up, please call the Army Community Service at Vilseck at 09662-832733 or at Grafenwoehr at 09641-8371, for other communities please call your Army Community Center for their schedule.

EFMP Bowling

For all family members enrolled in EFMP

The first Wednesday of every month
 in the Vilseck Bowling Center,
 and the third Thursday of every month
 at the Grafenwoehr Bowling Center.

3-5 p.m.



For more information call DSN: 476-2733 or CIV: 09662-83-2733

Child Development Associate Credential

The Netzaberg Child Development Center is proud to recognize the following individuals who were recently awarded their Child Development Associate credential: **Emily Berrios, Christian Cagua, Sarah Nelson, and Fetija Robinson.** These individuals are a shining example of what CYSS is looking for: Committed, dedicated, and compassionate in their love for children and the mission here in the USAG Grafenwoehr installation.

The CDA credential is the model used to prepare child care personnel to work with young children in US and military centers worldwide. Colleges and universities across the US award up to 18 CEU's in recognition of students who attain a CDA credential. This honor is achieved only after each candidate completes 120 clock hours of formal child care education, 480 hours of direct care with



children, creates a professional resource binder, surveys parents of their classroom, a formal 4 hour observation is conducted on the individual working with children, completes an Early Childhood Studies review, examination and finally finalizes the process with an Oral Interview with a CDA Assessor to evaluate the individual on ECE and education practices.

These individuals have been employed for over a year for the Netzaberg Child Development Center and have been dedicated to the completion of their certification that normally takes 18 months. These individuals completed the task within one year while at the same time have been dedicated to their families and children of their programs. Through this process, staff grew both professionally and educationally and increased the quality of childcare within each of the classrooms they worked in.

Nutrition Works for Kids

Big Servings, Big Problems



Food distributors and restaurants push “super-sizing” foods and consuming snacks with empty calories. It’s easy to understand how children get the message that “all you can eat” is an American tradition. But, as childhood obesity increases and children are diagnosed with conditions like diabetes and high blood pressure, we know that we have to teach children good habits at an early age.

It can be difficult for parents to look at growing children and accept that their stomachs don’t need large quantities of food. Those little voices from our childhood are in the back of our heads; Grandma saying “Clean your plate” and Daddy chirping “You eat like a bird.....you’ll never be strong if you don’t eat”. But, growing children require a small amount of healthy foods to grow and develop. Here’s an easy way to get an idea of how much space there is in your child’s stomach:

Ask your child to make a fist with both hands. Then put their fists together in front of their chest. The size of their two little fists is about as big as a young child’s stomach. (It works for adults too)! With that little bit of space, you can see why it is so important to not let them fill up with sugar and fat. You can also guess why it is important to make sure children get healthy snacks in between meals.

If we see a lot of food, we eat a lot of food. But if we don’t see as much on our plate, we don’t usually eat as much. So, we can help children eat smaller portions by just putting little servings of food on their plates. If they eat it all and want some more, it’s okay to give them a little more. But if they want to go play instead of eating more, let them go play! They need the exercise as much as they need food for healthy development!

It’s never too early to teach healthy habits to children. CYSS Services is serious about child health and nutrition. Our

programs follow USDA guidelines for nutrition and portion sizes. CYSS Services programs focus on teaching children to select healthy meals and snacks instead of empty calorie food.

Here are some of CYSS Services healthy food strategies that you can try at home:

- Control Portion Sizes (see chart below)
- Set a good example
- Offer a variety of foods
- Help children learn to recognize when they’ve had enough
- Follow a regular Meal and Snack Schedule
- Make Mealtime Family Time
- Ignore a Picky Eater- She’ll eat when she is hungry
- Introduce new foods
- Make food fun by cooking together



According to N.C.E.S. Healthy Tips for Tots:
Daily Food Group Amounts

Age	Fruits	Vegetables	Grains	Meats & Beans	Milk	Oils
2-3 Years	1-1.5 cups	1-1.5 cups	3-5 oz eq	2-4 oz eq	2 cups	3-4 tsp
4-5	1-1.5 cups	1.5-2 cups	4-5 oz eq	2-4 oz eq	2-3 cups	4-5 tsp

For more information on healthy habits for young children, contact DeVonda Summers, CYSS Food and Nutrition Specialist at DSN: 475-8648 or CIV: 09641 83 8648.

Imagine the Concept!

German and American children coming together for a day of sharing cultures, making new friends and having lots of fun! That's exactly what took place on July 22. Children Youth and School Services (CYSS) hosted a German-American Friendship day more commonly known as Youth 2 Youth. The theme for this special day focused on "Getting to know You & Getting to Know Me." Approximately 45 American children from the Rose Barracks Child Development Center and the School Age Service (SAS) program joined with 40 Germany children from St. Martin's Kinder Care program from Pegnitz, Germany at MegaPlay in Grafenwoehr. In addition to all the fun that MegaPlay offers additional activities included a water balloon toss, parachute play, sack races, and play doh to name

only a few. A special treat provided to our new German friends was "make your own ice cream sundaes" since it is no secret that Germans LOVE American Ice cream. "It was awesome" stated Austin Heller a child from the Rose Barracks SAS program who especially enjoyed eating the ice cream with his new German friend. "It was a wonderful opportunity and a special day that enabled our children to cross cultural barriers and learn new things and most important make NEW friends" said Hilsy Gomez, Asst Director from the Rose Barracks Child Development Center. CYSS sponsors Youth 2Youth events to foster German-American Friendship each summer. "We look to another special day in the future" said Joann Valenzuela, Youth Administrator in CYSS and the Youth2Youth Organizer.

German and American children coming together for a day of sharing and having lots of fun!



German & American Children waving their flags!



Parachute Play!



Tossing water balloons with our new friends!



"Be my Friend" Banner presented to the German Kinder Care School that all children signed!

USAG Grafenwoehr CYSS Services introduces...



Army Child, Youth & School Services

Strong Beginnings

The USAG Grafenwoehr Garrison is proud to announce the Strong Beginnings Pre-K program that will be fully operational. This program operating at all three Child Development Centers in the garrison is now accepting children who are ages 4 & 5 that will begin school in September 2010. If your children are eligible, contact central registration today to get them signed up.

over the year. Through this, teachers will partner with the teaching staff at the Elementary Schools so children's developmental levels are identified with every student leaving the program and joining the DoD's programs. After the children have been at the Elementary school for about a month, the

What is Strong Beginnings Pre-K?

The Army's Strong Beginnings Pre-K is a program designed to prepare children to be successful to enter school. Curriculum focuses on the social, emotional, and physical development of children; and equips them with basic academic and "Kindergarten Classroom Etiquette" skills to enhance "school readiness." The program follows the DoDs calendar. Prior to the start date, parents are invited into the facility to meet the teachers and discuss any questions or concerns they may have. Parents are also given a welcome packet that details specific areas of expectations of the program and schedule for their child. Photos are taken of the children at that time so teachers have the ability to prepare each child's personal space to make them feel welcome on the first day of school.

End of year "celebration"?

The end of the school year the children will have a celebration of the year's accomplishments. Children will wear gowns and receive a cap as well as a diploma earmarking their completion of a successful year in the Strong Beginnings Program.

Teachers will compile the child's Developmental Continuum which tracks their developmental process



teaching staff over them will be asked to complete a short survey to assess CYSS overall success of the Pre-K program and their transition into the school system.

The Netzaberg Child Development Center had the privilege of being the "Pilot" program for this new Army initiative. This program fully supported by the Army Family Covenant created 40 additional spaces for child care in the command as well as offered another specialized program for parents to choose living in an area with limited resources at a highly deployable garrison. This program under the direction of four certified teaching staff delivered a success story for years to come. It was a pleasure and privilege to have been afforded this opportunity for this garrison and families within the command.

Final Notes...

If you haven't made a decision yet as to where your Pre-K child will be attending, CYSS encourages you to visit with the Child Development Centers in the command and get your child enrolled into a program that is grounded in highly structured academic focus regarding literacy and mathematics. Contact central registration, Grafenwoehr 09641-836655 or Vilseck 09662-832760 and get your child signed up today.

Sheila McIntire
Facility Director
Netzaberg Child Development Center

Leisure Travel Services Daytrips and overnights

Leisure Travel Services (LTS), and Outdoor Recreation (ODR), bring you Europe on a platter! We not only provide day trips within Germany, the Czech Republic, Austria, but also overnights in major European cities. Please think about applying for a tourist passport while stationed here if you do not have one yet, you will need it while travelling outside of Germany. The Schengen agreement of opened borders applies mostly to European citizens and not American Citizens.

LTS and ODR trips are opened to US ID card holders and their guests as long as those are on the access roster for both Grafenwoehr and Rose Barracks at least 72 hours prior to the trip and for the whole duration of the trip. So if your family visits you, why stress about getting to a destination, finding a hotel, knowing what to visit with them? sign up and bring them along!

Let's not forget, the SNOW season is upon us! For all of you who enjoy the outdoors in this time of year, Outdoor Recreation is the place to contact on a regular basis this winter.

ODR also offers Airport Shuttles to Nuremberg and Munich: We pick you up at home to bring you directly to the airport. Just bring your flight itinerary and a street map to Graf ODR or Rose Barracks to reserve your shuttle. Please book at least 72 hours prior to departure.

Outdoor Recreation also organizes private trips for you, your unit, or a group of friends. Ask for a quote.

We are located in the East Camp Field House, Bldg. 547, across from Burger King parking lot. DSN: 475-7402 CIV: 09641-837402. The opening hours are Monday, Tuesday, Thursday and Friday from 11 a.m.-6 p.m.

On South Camp we are located by Big Mike lake. Take a left at the first light when you enter post, ODR is across the street from the Child Development Center. DSN: 476-2563 CIV: 09662-832563. Open Monday, Tuesday, Thursday, Friday from 11 a.m. to 6 p.m. and Saturday from 9 a.m. to 1 p.m.



LTS staff is arranging additional trips, so check in with Graf LTS 475-7402 on a regular basis, and listen to AFN radio on Monday mornings 8-10 for updates.

Let it snow!

Because we know there are a lot of ski- and snowboard fans in the USAG community, Outdoor Recreation is putting their brand new fleet of buses on standby, ready to roll to the best slopes! Depending on weather conditions, we will offer Saturday daytrips to local skiing areas such as Grosse Arber, Zell am Ziller, Brixenthal, Geisskopf and much more!

We are arranging overnights in Kaprun, Oetztal, Austria and other great destinations.

Skis, snowboards, shoes, ski-outfits are available for one day, the week-end or maybe a week. Get fitted during the week, book a trip with us, and the equipment will be waiting for you on the bus, ready to go!

New! Spa Time for Ladies on Tuesday Morning!

Tuesday is Ladies day in Saunas, treatment and relaxing areas, Turkish baths and more. Would you like to be pampered? Contact Christine at LTS 475-7402 or 09641-837402 if you need some help to book a specific treatment in advance. Just enjoy the peace, we should be back before the school lets out. Departure from Rose Barracks at 8 a.m. and Graf at 8:30 a.m. Return scheduled in Vilseck by 2 p.m. and Graf by 2:30 p.m. Minimum number of participants for this trip is 12.

Daytrips

New! VISIT IN A FLASH! A new concept for those of you who have time on their hands during the week, maybe while the children are in school, why not come with us to new destinations? We are visiting neighboring towns to go shopping in outlets or discovering crafts, a gorgeous Basilica, or simply making new friends. Come along, we should be back before the kids know it, and bring a few friends with you! Most departures from South Camp at 8 a.m., East Camp at 8:30 a.m. and return in East Camp by 2 p.m. and South Camp by 2:30 p.m.



The Waldsassen Abbey**Oct. 1**

One of the most important Churches in Bavaria, with its spectacular Baroque library. We shall also visit the Lebkuchen (gingerbread) factory as well. Transportation price per adult: \$19, per child \$10.

Bamberg**Oct. 22**

Admire the half-timbered houses, the beautiful town hall on the river Regnitz, the breweries that are reaching 100 in and around Bamberg, and have some time to wander. Price per adult is \$29, per child (3-12): \$19, under 3: \$10.

Porcelain Outlets in Selb**Oct. 29**

We will visit the different outlet centers so you can look for good deals and bring home beautiful dishes for your home or right in time to send them for Christmas as gifts, for a fraction of the price. Take cash, maybe a few VAT forms with you, and enjoy. Price per adult is \$29, per child (3-12): \$19, under 3: \$10. Regensburg: on Nov 12th, we will take a walking tour highlighting the historical background and enjoy some free time, maybe by the Danube River eating the typical sausage in the oldest restaurant of town. Price per adult is \$39, per child (3-12): \$29, under 3: \$10.

Crystal shopping by Joska**Dec. 4**

You can shop for chandeliers, some unique glass pieces, drinking glasses, decorative items, admire the show room, the Christmas Winter Wonderland, the House of Villeroy and Boch, visit the Crystal gallery and have lunch in their own restaurant. Price per adult is \$29, per child (3-12): \$19, under 3: \$10.

Hexenagger Christmas Market**Dec. 10**

Discover a wonderful quaint Christmas market in and around the castle of Hexenagger. You will be enchanted by the lovely atmosphere, the children's choir, the warm Gluehwein (mulled wine), and the beautiful nativity set in the chapel. Departure from South Camp at 1 p.m. and East Camp at 1:30 p.m. Return scheduled in South Camp by 9 p.m. and East Camp by 9:30 p.m. Bus transportation price is \$29 per adult, \$19 per child (3-12), and \$10 under 3. Entrance fee to Hexenagger Christmas Market 5 euros over 16 years old and 1 euro from 6-16 years old.

Rothenburg**Nov. 21****Dec. 15****Dec. 20**

There is a city in Germany where Christmas can be experienced all year long-Rothenburg ob der Tauber on the Romantic Road in Bavaria. It is also home to one of the most romantic Christmas markets in Germany. Departure from South Camp at 8 a.m. and East Camp at 8:30 a.m. Return scheduled in East Camp by 5 p.m. and South Camp by 5:30 p.m. Price per adult is \$39, per child (3-12): \$29, under 3: \$10.

Lohengrin, Bayreuth**Oct. 6****Dec. 8**

Underwater massage, hot-stone massage, champagne bath, bier bath or you want to be covered in chocolate? Or you just want to go swim with your friends, or enjoy one of the various saunas? We will drive you and get you taken care of. The cost of \$19 covers transportation price and booking services for treatments you wish LTS to book for you. The entrance fee and special treatments are to be paid separately at the spa.

Sybilienbad**Nov. 3**

Aloe-vera-honey massage, hot-stone massage, Cleopatra bath, Turkish massage or Rasul treatment? Or you just want to go swim with your friends, or enjoy one of the various saunas such as Herbs, vitality, steam-sauna? The cost of \$19 covers transportation price and booking services for treatments you wish LTS to book for you. The entrance fee and special treatments are to be paid separately at the spa.

Halloween in the Frankenstein Castle

Welcome to the biggest Halloween party in Germany, and in a castle at that, with more than 70 monsters waiting to scare you! **Oct. 25 is for families with children above 7 years old, Oct. 31 only 14 years old and over.** Please purchase your entrance ticket before hand at www.frankenstein-halloween.de. This trip needs at least 28 passengers to go. Bus transportation cost per adult \$59, and child(7-12) \$49.

Karlovy Vary, Czech Republic**Oct. 3****Nov. 7**

World renowned for its history and its spas. You can shop for crystal, leather, amber jewelry and on the way back, we stop at the Asian Dragon Bazaar for good deals. Passport required. Price per adult: \$39, per child (3-12): \$29 and per child under 3: \$10.

Oktoberfest - Munich**Oct. 3**

Enjoy rides and take part in the biggest Beer Party in the world. Price per adult: \$39, per child (3-12): \$29, per child under 3: \$10.

Prague, Czech Republic**Oct. 4****Nov. 8****Dec. 6**

See the Golden City of Europe. Passport required. Price per adult: \$49, per child (3-12): \$39, per child under 3: \$10.

Berlin**Oct. 10**

Discover the German capital. Price per adult: \$59, per child (3-12): \$49, per child under 3: \$10.

Chiemsee Castle**Oct. 11**

Admire another of Ludwig's castles, in the middle of a beautiful island. Price per adult: \$59, per child (3-12): \$49, per child under 3: \$10.

Poland for Pottery**Oct. 17**

Shop in Boleslawiec in the pottery outlets. Passport required. Trip not recommended to children. Price per person \$59.

Legoland Amusement Park**Oct. 18**

Have fun with the entire family. Price per adult: \$39, per child (3-12): \$29, per child under 3: \$10.

Black Forest**Oct. 24**

You can admire the largest waterfall in Germany, shop for the cuckoo or grandfather clock of your choice. Remember to bring your VAT form. Price per adult: \$49, per child (3-12): \$39, under 3 years: \$10.

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Galaxy Erding

Oct. 24

We take you to Europe's largest water slides paradise. Price per adult: \$39, per child (3-12): \$29, per child under 3: \$10.

Two Castles

Oct. 25

Nov. 22

Dec. 27

Neuschwanstein (castle which inspired Cinderella's) and Hohenschwangau. Price per adult: \$49, per child (3-12): \$39, under 3 years: \$10.

Kristall Palm Beach

Nov. 8

Discover the wave pool, 18 saunas, swimming pool. Price per adult: \$29, per child (3-12): \$19, per child under 3: \$10.

Wine Tasting and Dinner by Hundertwasser

Nov. 14

We visit a masterpiece of artist Hundertwasser, and enjoy on site a wine tasting of Franken wine, followed by a delicious dinner in the Hundertwasser wine Paradise. Price of \$39 covers transportation, presentation of the Hundertwasser Wineparadise, and wine tasting of two wines before dinner. Dinner "a la carte" and additional drinks will be paid on site. Check out www.weingut-hirn.de

Hexenagger Christmas Market and the Kelheim Liberation Hall

Dec. 6

Let's visit the monument erected over the Danube River and then enjoy a wonderful quaint Christmas market in a castle overlooking a beautiful village. This lovely setting is not to be missed. Bus transportation price is \$29 per adult, \$19 per child (3-12), and \$10 under 3. Entrance fee to Liberation Hall 3 euros, Hexenagger Christmas Market 5 euros over 16 years old and 1 euro from 6-16 years old.

Crystal Shopping by Joska and Schloss Egg Christmas Market

Dec. 12

After we visit the Joska Crystal world, do some shopping and enjoy lunch there, ITR takes you to a castle from the Middle Ages for a fantastic Christmas Market with shows on medieval themes. Get your fill of Christmas decorations, hand-made toys, and mulled wine. Bus transportation price per adult \$39, per child (3-12) \$29, and \$10 per child under 3. Entrance fee for Schloss Egg is approx 6 euros.

Dachau & Munich

Dec. 13

First visit the historic Dachau Concentration Camp Memorial site. Afterwards we will travel to Munich, park at the National Museum that offers a hands-on exploration of German science and technology. Museum entrance fee per adult is approx. 7,50 euro, per child, 3 euro (not included in ITR price) or you can use the afternoon for free time. Price per adult: \$39, per child (3-12): \$29, per child under 3: \$10.

Nuremburg Christmas Market

Dec. 13

Let's visit Germany's most famous Christmas Market with over 180 wooden stalls. Bus transportation price per adult \$29, per child (3-12) \$19 and \$10 per child under 3.

Overnights

Florence & Siena, Italy

(Please sign up by Oct. 23)

Travel Nov. 25 through 29 to Bella Italia and see Florence, birthplace of the Renaissance, where a local guide will walk you through the most famous sites from "Firenze" such as "Ponte Vecchio," the world famous bridge where romantics hang a lock in the name of their beloved, the old town square with a beautiful copy of David, the Uffizi museum that contains the world's largest collection of Italian Renaissance paintings.

We will also discover the most beautiful medieval town in Italy, Siena. Be prepared for a 3-hour-walking tour up and down hills through the lovely narrow streets leading to the Piazza del Campo (main square) where the Palio takes place every year, race on bare horseback on the Piazza by young men representing their town quarters.

We will also take you to the cathedral and the Duomo. Spend some free time enjoying a fantastic meal, sightseeing, shopping, admiring the goods from artisans or visiting a museum. Price per adult in double room \$529, per child (3-11): \$399, under 3: \$259, per adult in a single room: \$629.



Dresden Christmas Market (Please sign up by Oct. 27)

Dec. 4-6

Dresden, which lies on the River Elbe, will surprise you by the diversity and richness of sights, museums, historical and religious points of interest. The Zwinger, on the Unesco World Heritage list holds some great museums such as the Old Masters museum, the Armor's museum, the Meissen Porcelain's museum to name a few. Admire the incredible treasures of the New Green Vault, and the Historical Green Vault collected by August the Strong over the years (tickets online prior to the trip). A local guide will take you on a 3-hour-city tour.

Discover the oldest Christmas Market in Germany, with the main market called the Striezelmarkt in the old town center, with Christmas music concerts held in the Frauenkirche, magnificent Basilika newly opened after extensive renovation after World War II destruction. Visits to a Stollen cake factory, and the Meissen Porcelain factory are also included. Ask LTS for prices.

New Year's Celebrations in Vienna, Austria

(Please sign up by Nov 30)

Dec. 31-Jan. 3

The Vienna city tour will include the Belvedere Palace, the Hundertwasser House, the famous Ring Street, St. Stephen's cathedral, the Opera House and much more! Enjoy New Year's Eve festivities downtown amongst the 80 booths offering food and beverages and live music, or sign up for the optional classical music concert with free waltz lessons. After the Vienna's city hall festivities for New Year's, you will visit Schoenbrunn Palace. This LTS trip provides also some free time, and includes one buffet dinner. Price per adult in a double room: \$469, single room price: \$569, Child (3-12): \$229, child under 3: \$162.

Libraries Fall & Winter Events

In addition to offering great novels, Internet access, children's books, non-fiction books, movies on DVD and Blue-ray, and now video games, your USAG Grafenwoehr Libraries also offer fun and exciting programs. This fall, join us for one or all of the following:

Story Hour

Children from 0-5, along with their caregivers, are invited to join us for a weekly 'Story Hour' at the Library. Share in great stories, rhymes, songs, projects and more. Story Hours in South Camp are on Wednesday's beginning **September 2nd** and in East camp on Thursday's beginning **September 3rd**. Both programs run from **10-11 a.m.** No preregistration is required.

Edge YA Book Club

Love to read? Love to talk about books? Join the Edge Young Adult (YA) Book Club at the Grafenwoehr Library. Each month we'll explore a different genre with a suggested booklist of 4-6 titles. Read as many of the titles as you'd like and share your reactions, questions, theories, alternative endings – whatever comes up! We'll start September with great titles in the 'Urban Fantasy' genre, move on to 'The Dark Side' for October, and explore 'Dystopias' in November.

The club is open to students in grades 9-12, and meets Wednesday afternoons from 3:30-4:30 p.m. at the East Camp Library. If you want to get a head start on your reading, we'll be exploring some or all of these great books during September: **H.I.V.E. (Higher Institute for Villainous Education)** by Mark Walden (YA)

Tithe: A Modern Faerie Tale by Holly Black (YA)

Neverwhere by Neil Gaiman (YA)

Inkheart by Cornelia Funke (12+)

Angels & Demons by Dan Brown (ADULT)

The Library will have at least five copies of each title available to the club. To register for the Edge program, contact Dan Fraizer, FMWR Partnership Specialist - USAG Grafenwoehr CYS Services DSN: 476-3376 Civ: 09662-83-3376.

October is Hispanic Heritage Month

Put on your dancing shoes to help us celebrate Hispanic Heritage Month with Kids Salsa. We'll be exploring Hispanic heritage and learning Salsa dancing from **4:30-6 p.m. on October 13th** at the South Camp Library and at the East Camp Library on **October 15th**. Children of all ages are welcome. No pre-registration required.

Rose Barracks Very Scary Library

Join the staff at the South Camp Library on Thursday, **October 29th** beginning at **5 p.m.** for a little trick and a little treat. Come dressed in your best costume for a little Halloween preview, and enjoy spooky stories and special treats. Stop in the Library beforehand if you are looking for costume ideas – we have great books and magazines that are sure to inspire you!

Grafenwoehr Jack-o-Lantern Carving

Not only do we have great Halloween party planning and decorating books, spooky movies, and costume ideas, we want to get in on all the creepy fun by hosting a pumpkin carving party. Bring your pumpkin to the Library on Thursday, **October 29th** beginning at 3:30 p.m. Join your friends and neighbors in making a big squishy mess. We'll provide patterns, tools, ideas, a little mood music, and maybe a ghost story or two.

November is National American Indian Heritage Month

Celebrate National American Indian Heritage Month. Adults will learn how to make traditional and non-traditional American Indian fry bread while their children enjoy folklore and crafts. **November 4th, 5-6:30 p.m.** at the East camp Library and **November 8th, 2-3:30 p.m.** at South Camp Library.

Impress Your Guests

Create a festive holiday table with beautifully folded napkins and elegant settings. Florian Proelss will share his talents by displaying some truly beautiful table settings along with tips and trick for creating the perfect holiday scene. South Camp, Tuesday, **November 17th 5-6 p.m.** and East Camp, Thursday, **November 19th 6-7 p.m.**

Holiday Happenings at Your Libraries

St. Nickolas

Join us for a special St. Nickolas Story Hour. During the first Story Hour of December, children will hear the story of St. Nickolas and make a boot to leave out on December 6th for St. Nickolas to fill (if they have been good children that is.) Story Hours are held from **10-11 a.m.** on Wednesdays at South Camp and Thursdays in East Camp. No Krampus' allowed!

Christmas Kisses with the Misses at Rose Barracks

We will have all of your favorite holiday movies and books available and a seasonal story or two. We'll also make a special gift for you to give to your favorite person. **December 10th** at South Camp from **4:30-6 p.m.**

Pajama Party!

Everyone is invited to join the holiday fun! The party starts at **6 p.m.** on Friday, **December 18th**. Come dressed for a long winter's nap and enjoy hot chocolate and cookies while we share stories of the season. Children will have the opportunity to make a gift for their favorite grown-up, and everyone will enjoy a cozy evening at the Library.

Holiday Trip to Nuremberg

Visit the Lebkuchen Factory and spend the afternoon at the world famous Christkindl Market. In partnership with the USAG Grafenwoehr LTS/ODR the Library has arranged a bus to Nurnberg for a day of holiday sights, sounds and smells. This is a perfect opportunity to finish up your holiday shopping. We will depart the South Camp Library at 9 a.m. and the East Camp Library at 9:30 a.m. on Monday, December 21st. The cost for the trip is \$25 per adult, \$15 per child (3-12) and \$10 per child under the age of 3. Seat reservations must be made with LTS/ODR (475-7402) no later than December 17th.

For more information about any of these programs, or other services the Libraries offer, call 475-1740 for the East Camp Library or 476-1740 for the South Camp Library.

52nd Annual German - American Volksfest 2009



Col. Sorenson taps the keg at the opening ceremony.

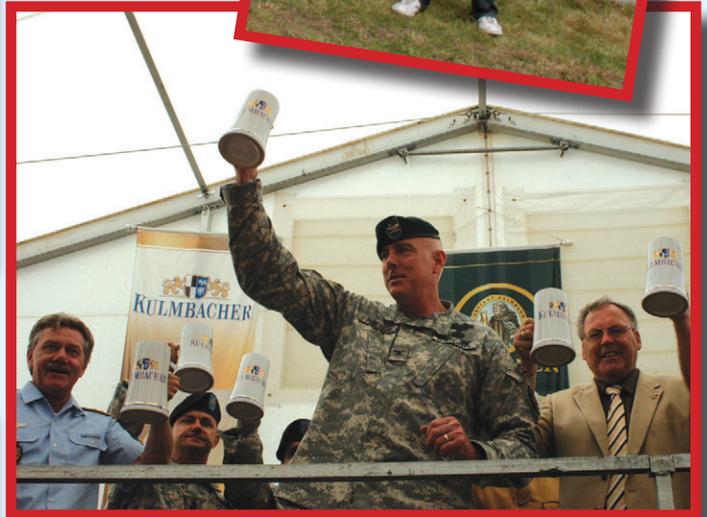


A traditional German Band walks the fest grounds to open this year's festival.



Col. Blackburn shares a "Prost" with some soldiers of 1/2 SCR.

Ken Durham, MWR's own Burger-Meister!



...and shares a "Prost" with local officials!



Strykers were available for public rides.





1/2 SCR were the winners for best tent!



Cougars had fun in their tent!



Everyone enjoyed line dancing at the Flying Boots!



Smokestack Lightin performed on Sunday.



Our very own MJM!



German soldiers came to join the fun.



Grills were fired up all weekend!



A Traditional German Band in the Beer Tent.



Discover Therapeutic Massage for Greater Health!

Sports & Fitness

Massage Program

Therapeutic massage and bodywork are professional health services for people wanting to increase their mental and physical productivity.

Bodywork usually indicates that the practitioner is trained in several modalities of massage and other medically relevant subjects.

Modesty is absolutely respected and preserved. Gym shorts or undergarments are recommended for sports massage options, due to stretching and diagnostic movement and walking. The therapist will use his or her hands and forearms, or even warmed basalt stones, to manipulate muscle tissue in a variety of ways, from slow and sweeping to gentle pressure to gentle rocking or quite vigorous strokes to increase blood flow and relaxation.

Myofascial work can be intense, but effective, and this is always controlled by the receiver. Gentle stretches and complementary movements help resolve stiffness, increase flexibility, and reduce circulation problems.

People who receive a regular routine of therapeutic bodywork wonder how they ever lived without it. Discover the benefits for yourself.

Massage therapists and Bodyworkers must be state and often nationally certified.

Proven Benefits

- Recovery from muscle soreness
 - Reduces stress and stress-related disorders
 - Muscle strain
 - Back pain
 - Chronic pain,
 - Lower blood pressure
 - Stiff neck
 - Nervous disorders
 - Overtraining
 - Old injuries
 - Fibromyalgia
 - Sciatica
 - Whiplash
 - PMS
 - Leg and foot cramping
 - Plantar fasciitis
 - Thoracic outlet syndrome
 - Repetitive use injuries
 - Creating greater energy and alertness
 - Better sleep
 - Promotes release of toxins/ in body waste
 - Boost immune system,
- And much, much more!



You get your hair cut, your teeth cleaned, your nails done: why not do something that makes you feel good? The therapeutic massage is available by appointment only. Call for availability. Appointments are secured by payment, minimum 24 hours in advance of desired appointment time.

Contact: South Camp Fitness Center Vilseck DSN: 476-2998, COM: 09662-83- 2998; East Camp Physical Fitness Center DSN: 475-9007, COM: 09641-83-9007.

Massage Packages

Grafenwoehr - East Camp

Problem Solver: \$35 (Deep Tissue, Therapeutic Massage) - 30 minutes with rhythmical and slow movement for relaxing and relieving stress.

Problems Solver: \$65 (Deep Tissue with Manual Therapy) - 60 minutes of soothing, knot dissolving, muscle easing bodywork. Includes joints and Spine mobilization with muscle energy techniques, trigger points resolution and myofascial release.

Decongestive Physiotherapy: \$35 - \$65 - (Decongestive Physiotherapy massage) - 30 to 60 minutes, Help to decongest edema after injury, hematoma, bruising, lymph edema, libedema and chronic venous insufficient or rheumatic congestion.

Medical Coaching Therapy: \$65 - (Medical Coaching Therapy massage) - 60 minutes. After injury or operation helps to mobilize joints, allay pain and muscle training.

Cranio Sacral Therapy: \$65 - (Cranio Sacral Therapy massage) - 60 minutes. Releases restrictions in the craniosacral system, which surrounds the brain and spinal cord. This light touch therapy improves the central nervous system, and strengthen resistance to disease.

Sports Massage: \$75 - 60 minutes performance tune-up and active stretching. Encourage muscle repairs and reduces inflammation and trigger points release

Vilseck - South Camp

Problem Solver: \$35 (Deep Tissue, Therapeutic Massage) - 30 minutes with rhythmical and slow movement for relaxing and relieving stress.

Problems Solver: \$65 (Deep Tissue with Manual Therapy) - 60 minutes of soothing, knot dissolving, muscle easing bodywork. Includes joints and Spine mobilization with muscle energy techniques, trigger points resolution and myofascial release.

Sports Massage: \$75 - 60 minutes performance tune-up and active stretching. Encourage muscle repairs and reduces inflammation.

Pregnancy Massage: \$100 - 90 minutes, uses specific cushions to help the mom to be fully relax. Help reduce swelling, ease fatigue and relieve the discomforts pregnancy may bring.

Hot Stone Massage: \$120 - 90 ultimate minutes of deep therapeutic heat paired with a relaxing massage makes for the ultimate indulgence.

Salt Scrub Treatment: \$45 - 30 minutes, uses dead sea salts and almond oil to exfoliate dead skin cells and moisture the healthy skin underneath that will leave you skin soft and smooth.

Body Heat Wrap: \$85 (Heat Wrap) - 60 minutes, Relieve muscle and joint aches. Great for arthritis and athletes. (Anti-Cellulite Body Care) - 60 minutes, uses detoxifying sea algae with hydrating and exfoliating benefits of clay, ancient sea salt, brewer's yeast, and spirulina to provide metabolic stimulation of skin. Ideal for cellulite/weight loss.

What is CrossFit?

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

The program delivers a fitness that is, by design, broad, general, and inclusive. Its specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist.

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. It uses the same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. CrossFit coaches scale load and intensity; they don't change programs.

The needs of Olympic athletes and our grandparents differ by degree not kind. CrossFit's terrorist hunters, skiers, mountain bike riders and housewives have found their best fitness from the same regimen.

Thousands of athletes worldwide have followed CrossFit workouts posted daily on www.crossfit.com and distinguished themselves in combat, the streets, the ring, stadiums, gyms and homes.

Is Crossfit for me?

Absolutely! Your needs and the Olympic/Professional athlete's differ by degree not kind. Increased power, strength, cardiovascular and respiratory endurance, flexibility, stamina, coordination, agility, balance, and coordination are each important to the world's best athletes and to our grandparents. The amazing truth is that the very same methods that elicit optimal response in the Olympic or professional athlete will optimize the same response in the elderly. Of course, we can't load your grandmother

with the same squatting weight that we'd assign an Olympic skier, but they both need to squat. In fact, squatting is essential to maintaining functional independence and improving fitness. Squatting is just one example of a movement that is universally valuable and essential yet rarely taught to any of the most advanced of athletes. This is a tragedy. Through painstakingly thorough coaching and incremental load assignment CrossFit has been able to teach anyone who can care for themselves to perform safely and with maximum efficacy the same movements typically utilized by professional coaches in elite and certainly exclusive environments. Coach Greg Glassman, founder of CrossFit.

The East Camp Physical Fitness Center now offers CrossFit classes for all levels of athletes and anyone looking to become healthier and fit. Jason Mulligan and Shannon Linville are both Certified CrossFit instructors and offer classes to share their knowledge with the local community. Jason is a former division I baseball player who's been around the fitness community for over 10 years. He's been training CrossFit for the past three years and is eager to share what he's learned. Shannon is a certified ACSM personal trainer, fitness instructor from Texas. Her contribution to the community is to share her knowledge and motivate others to appreciate CrossFit. In addition to what they can offer you, your personal experience from this type of workout can only better your total fitness abilities. But, there is only one way to find out... "Don't use machines..... Become one."



Classes are 6 week sessions, limited to 8 participants, Cost: \$65

Mon & Wed - 5:30-6:30 a.m.

Next Session Starts: Oct. 19, 2009

Tue & Thu - 5:30-6:30 a.m. & 6-7 p.m.

Next Session Starts: Nov. 3, 2009

Sign up at the East Camp Physical Fitness Center, Bldg. 170.

Military CrossFit PT Instruction for Military Unit Leaders

Mon - Thu 6:30-7:30 a.m. East Camp PFC, Bldg. 170

Spaces are limited! For reservation or more information contact CPT Jason Mulligan at Jason.t.mulligan@eur.army.mil

Unit Level Softball Championships

The USAG Grafenwoehr Unit Level Softball Championships are in the books with Maintenance Troop RSS (Moose), 2nd Stryker Cavalry Regiment from Vilseck, Germany on the top rung of the ladder. Maintenance Troop began their march to the winners circle Monday, July 13, 2009 by wholopping HHC 1-2 SCR 9-2, Tuesday, they dusted off 69th Signal 4-1, and Wednesday squeaked by 561st Med 7-6 and met them out of the loser's bracket for the championship game winning 13-12. Maintenance Troop went undefeated for the unit level season (9-0) and during the garrison championships to complete a 15-0 run.

When Coaches of the Championship squad Jorge Zavala and assistant Coach Matthew Mcglathery was asked how he felt about his chances in the tournament they stated; "Well, trying to put together a team not knowing any of the soldiers, it was a challenge. But as the season went on we started to play together and we knew we had a good team and good players. So going undefeated felt great and we were proud and our unit stood behind us. Having the

best record and winning the garrison championships we feel there is no team that can beat us. However, playing at the USAREUR level it's going to be a challenge, because we have never played any of the teams but we will give it all we got and bring it home".

The top two teams (Maintenance Troop and 561st Med) represented USAG Grafenwoehr for the USAREUR Unit Level Championships August 6-9 2009 hosted in Grafenwoehr, Germany. By C.A. Campbell, Recreation Assistant, Rose Barracks Fitness Center



Heart and Home Craft Shop Class Schedule

October

Beginner's Quilt Class

Oct. 28, Nov. 4, 11, 18, 25, Dec. 2 9 – 11 a.m.

Oct. 29, Nov. 5, 12, 19, Dec. 3, 10 6 – 8 p.m.

Age: Adult Fee: \$45 + Supplies

If you've ever wanted to learn to quilt – NOW's your chance! Start from the very beginning with us and create your own quilt.

Tie Dye a T-Shirt Class

Oct. 13 2 – 4 p.m.

Age: 13 & Up Fee: \$25 includes Dye – customers must bring t-shirt. Have some great fun with tie dye. Create your own "One of a kind" T-shirt.

Laundry Room Sign

Oct. 14 3 – 6 p.m.

Age: Adult Fee: \$20 customer must bring a pair of socks - all other supplies included. Bring in a new pair of tube socks and make a cute door hanging for your laundry room.

Halloween Votive Card

Oct. 17 9 a.m. – 12 p.m.

Age: 14 and up Fee: \$15 includes supplies- bring basic tools if you have them. Come and make a free-standing Halloween card. Spooky spider webs can be backlit with an electric tea light and the card can stand alone or add two pictures of your own Halloween monsters.

ID Bracelet Class with Julie

Oct. 24 12:30-2:30 p.m.

Age: 12 & Up Fee: \$25 includes supplies
Come in and make this really special I.D bracelet for yourself or a loved one.

Beginner Sewing Machine Apron Class

Oct. 28 12-2p.m.

Ages: Adult Fee: \$25 – Must bring own sewing machine and ACU top

Intro to Free Motion Quilting

Advanced Beginner/Intermediate

Oct. 29 3-6p.m.

Ages: Adult Fee: \$30 – includes supplies
This one day class gives the student a look into the intricate world of free motion machine quilting. If you have always wanted to know how those beautiful swirling quilt designs were done, or if you want to challenge yourself for your next project, sign up for this class. *Limit 3 per class.

Halloween Jewelry

Oct. 30

November

Beginner's Quilt continues from October

Nov. 4, 11, 18, 25 9 – 11 a.m.

Nov. 5, 12, 19 6 – 8 p.m.

Beginner Sewing Machine Apron Class

Nov. 4 12 – 2 p.m.

Ages: Adult Fee: \$25 – Must bring own sewing machine and ACU top

Beginner Sewing Machine Apron Class

Nov. 6 2 – 4 p.m.

Ages: Adult Fee: \$25 – Must bring own sewing machine and ACU top

Intro to Free Motion Quilting

Advanced Beginner/Intermediate

Nov. 7 9 – 12 a.m.

Age: Adult Fee: \$30 – includes supplies

This one day class gives the student a look into the intricate world of free motion machine quilting. If you have always wanted to know how those beautiful swirling quilt designs were done, or if you want to challenge yourself for your next project, sign up for this class. *Limit 3 per class.

Tie Dye a T-Shirt Class

Nov. 10 1 – 3 p.m.

Age: 13 & Up Fee: \$25 includes Dye – customers must bring t-shirt. Have some great fun with tie dye. Create your own "One of a kind" T-shirt.

Holiday Door Quilt – Advanced Beginner

Nov. 11 12 – 2 p.m.

Age: Adult Fee: \$40 – includes kit
Make this festive quilted decoration for your front door.

Fabric Christmas Ornament

Nov. 11 4 – 6 p.m.

Age: Adult Fee: \$15 – includes supplies
Take 2" fabric squares with a Styrofoam ball and make a nice ornament

Beginner Sewing Machine Apron Class

Nov. 13 2 – 4 p.m.

Ages: Adult Fee: \$25 – Must bring own sewing machine and ACU top

Bracelet Set Class

Nov. 14 12 – 3 p.m.

Age: 12 & Up Fee: \$30.00 includes supplies

Come in and make this beautiful bracelet set with Julie.

Holiday Door Quilt – Advanced Beginner

Nov. 18 12 – 2 p.m.

Age: Adult Fee: \$40 – includes kit
Make this festive quilted decoration for your front door.

Intro to Free Motion Quilting

Advanced Beginner/Intermediate

Nov. 19 9 – 12 a.m.

Age: Adult Fee: \$30 – includes supplies

This one day class gives the student a look into the intricate world of free motion machine quilting. If you have always wanted to know how those beautiful swirling quilt designs were done, or if you want to challenge yourself for your next project, sign up for this class. *Limit 3 per class.



Origami Christmas Tree Card

Nov. 21 9 – 12 a.m.
 Age: 14 & Up Fee: \$25 includes supplies – bring basic tools if you have them. Looking for an original Christmas card idea? Come and make an origami Christmas tree card. It's easy and fun and something different from the other Christmas card choices.

Holiday Door Quilt – Advanced Beginner

Nov. 25 12 – 2 p.m.
 Age: Adult Fee: \$40 – includes kit
 Make this festive quilted decoration for your front door.

December

Beginner's Quilt continues from November
 Dec. 2 9 – 11 a.m.
 Dec. 3, 10 6 – 8 p.m.

Christmas Advent Calendar

Dec. 5 9 a.m. – 12 p.m.
 Age: 14 & Up Fee: \$25 includes supplies – bring basic tools if you have them. Excited for Christmas? Here's a fun and pretty way to count down the days.

Christmas Jewelry

Dec. 11 12 – 3 p.m.
 Age: 12 & Up Fee: \$30 includes supplies
 Come in and make this beautiful bracelet set with Julie.

**Intro to Free Motion Quilting
 Advanced Beginner/Intermediate**

Nov. 19 9 – 12 a.m.
 Age: Adult Fee: \$30 – includes supplies
 This one day class gives the student a look into the intricate world

of free motion machine quilting. If you have always wanted to know how those beautiful swirling quilt designs were done, or if you want to challenge yourself for your next project, sign up for this class. *Limit 3 per class.

On-Going Craft Classes

Hot Chocolate Club

You are invited to come in for crafting, and chocolate. The club meets every last Wednesday of the month. 6-8:30 p.m. Bring in your crafts (quilt project, knitting, crocheting, scrapbooking, etc).

The Frame Shop

Framing classes are held every month on the second Wednesday from 6-9 p.m. and fourth Saturday from 9 a.m.-12 p.m. Cost is \$35 + supplies. Bring in a 5x7 print. All classes must be signed for in advance.

Knit Wit Club

Join us once a week to knit or crochet. Tuesdays 5-7 p.m. Pay a onetime fee of \$5 to join the club. You must register in advance.

Heart and Home Craft Shop is located on East Camp in Building 607 behind Burger King.

Opening Hours:

Tuesday & Friday 11 a.m-5 p.m.
 Wednesday & Thursday 11 a.m-6 p.m.
 Saturday 12-4 p.m.

Closed Sunday, Monday, and US Holidays

East Camp Bowling Center

Every Saturday
 7 p.m. Cosmic Bowling.
Every Thursday
 11 a.m.-BCT Discount for Deploy soldiers and Family Members.
 7 p.m. Red Pin Bowling, get a strike on a number one red pin receive a free game.

Tournaments

Oct. 10, 11 a.m. Learn How to Bowl Youth Session Age's 5-8 Cost \$40
Oct. 25, 11 a.m. East Camp Bowling Center King of the Hill
 - \$40 Entry
 - This is a scratch event open to all bowlers
 - Bowl 6 games, field cuts to 50%
 - Bowl 2 more games, score carry over, top 5 bowl pro style stepladder.
Nov. 7, 9 Pin No Tap Tournament \$20, payout basic on number of entries, Multi start time.
Nov. 22, 11 a.m. East Camp Bowling Center King of the Hill Please see details from Oct.
Nov. 26 Thanksgiving - East Camp Bowling Center Closed

Dec. 5, 11 a.m. Scotch Doubles 3 game series, \$15 entry fee, Fun and Prizes.
 Dec. 27, 11 a.m. East Camp Bowling Center King of the Hill Please see details from Oct.

It's Bunco TIME!

Gals ... and guys too!

Indulge yourselves in an evening of fun, food and friendly chatter!

Call to reserve your seat at the bunco table ... or just show up! Special drawing for advance reservations! No experience necessary to play!

Win gift cards and other great prizes!

Participants must be 18 or older.
 Halloween Bunco Oct. 21,
 Thanksgiving Bunco Nov. 18,
 Christmas Bunco Dec. 16

For more information call DSN: 476-2360/CIV: 09662-83-2360
 or DSN: 476-2360/CIV: 09662-83-2360

MWR, Mom's Army, Southern Comfort, World Bunco Association

No Army Endorsement Implied

Performing Arts Center

Tournament of One Act Plays

Oct. 9-11

See Times

Come out and support the Grafenwoehr Performing Arts Center's entry into the annual IMCOM-E Tournament of Plays and Workshops at Kaiserslautern. This year the GPAC brings their dramatic production of "The Most Massive Woman Wins", a play by Madeleine George. "The Most Massive Woman Wins" is set in the waiting room of a liposuction clinic, where four women are preparing to undergo surgery. As they wait, the women confide in each other the events of their past that led them to choose this procedure. In this humorous, witty and heart-felt script, they reveal and re-live their experiences as children, students, mothers, professionals -- and their struggles with eating disorders, self-mutilation and depression as they try to conform to society's "ideal" body image. This show will be performed in competition setting on Saturday, October 10, 2009. The entire festival is free admission and open to the public.

Annie

Nov. 20

See Times

This heart warming musical about an orphan, Annie, and her dog Sandy are placed in the lap of luxury for a week as a part of a publicity campaign for Oliver Warbucks. However, Annie's stay turns out to be much more than anyone had bargained for as she works her way into everyone's hearts and learns a few things for herself. Show opens Nov 20th and runs through Dec. 13. Showtimes are as follows: Nov. 20-21, Dec. 4, 5, 10, 11 at 7pm; Nov. 22, Dec. 6, 12, & 13 at 2pm.

Tickets can be purchased at the door 30 mins prior to showtime on the day of the performance. Adults \$10; Children ages 6-17 \$6. Please call for Family Pass & Group rates.

Auditions for Spring Musical

Dec. 15-16, 6 p.m.

Casting open to male and female adults. Prepare a short song to sing. Readings will be provided at time of audition. Please arrive 15 mins early.

For more information contact DSN: 475-6426 / CIV: 09641-836426

Domestic Violence Awareness Month Activities for October



- **Proclamation signing**

COL Sorensen signed a Garrison Commander Proclamation in his office on September 14, 2009. This proclamation exhorts Army Families to prevent abuse by making the right choices – i.e. protect victims, report abuse, to provide support, hold offenders responsible.

- **Candle Light Vigil, Oct. 7 at 6 p.m.**

ACS is sponsoring a Candle-Light Vigil, South Camp Main Chapel, during which COL Sorensen will read the Garrison Commander Proclamation. Guest speaker will be Mr. Rich Lopez, IMCOM-E Family Advocacy Manager), appropriate display (example: display of children's art work on the theme of Right Choices, display of anonymous victim stories). All interested community members will be encouraged to attend at the South Camp Main Chapel, Bldg. 218

- **Awareness publicity**

Bavarian News and other media will publicize the Proclamation as well as the Vigil, the Right Choices, and the importance of showing support through purple ribbon display. Posters will be displayed in all available locations. Throughout the month purple ribbons will be given out all over post for display in support of Domestic Violence awareness.

- **"Take it out on the Pins" No Tap Tournament**

9 Pin No Tap Tournament

Oct. 24, 11 a.m.-6 p.m., South Camp Bowling Center

- **Materials Display in the Libraries**

A display of library materials related to the prevention of domestic violence, resource information, and fiction titles addressing the topic. All through October, during operating hours, at East and South Camp Libraries.

November is Military Family Appreciation Month

Be on the lookout for many specials that will be in operation around the community for our Military Families! Some of these specials include:

- **Materials Display at ACS locations**

- **Virtual FRG**

- **Family Day at the Bowling Centers**

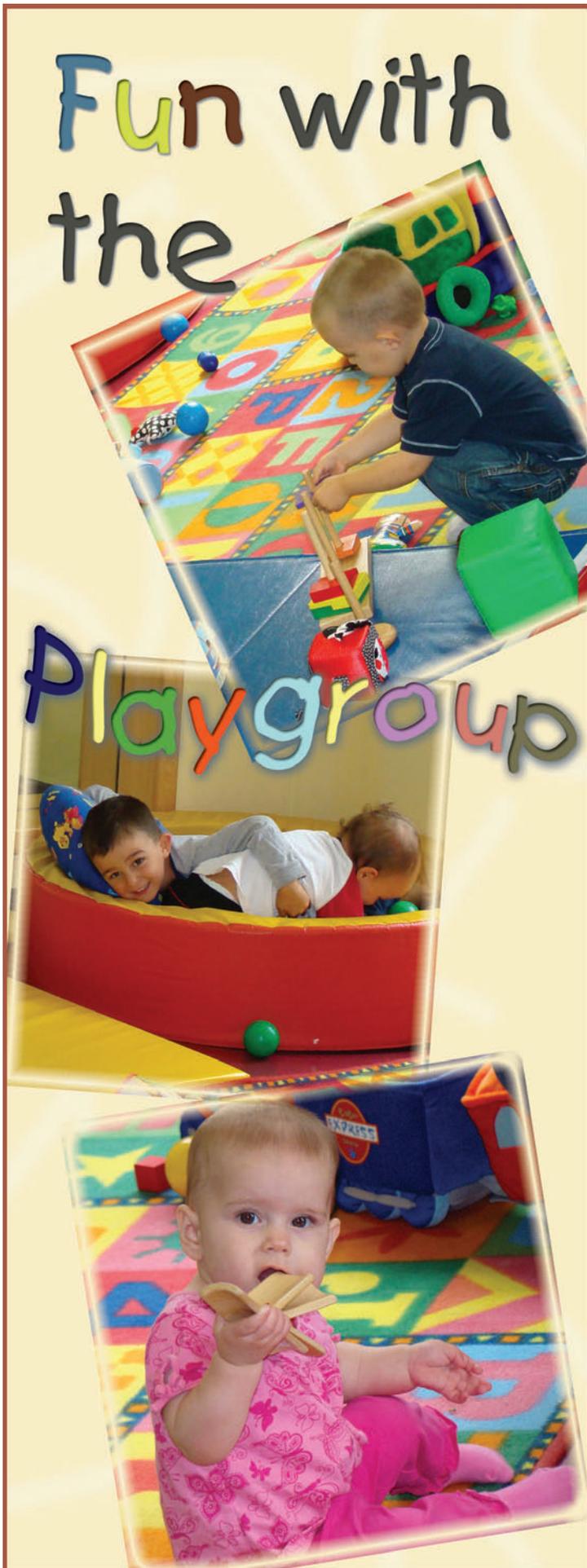
- **Our Heroes Tree dedication and story hours at the Libraries**

- **Leisure Travel Services (ITR) always operates day and overnight trips that are fun for the family!**

- **Turkey Trot**

- **Specials offered by the Java Cafe and Heart & Home Craft Shop.**





Top Ten Reasons to attend the 'Little Troopers'

1. It's the place to BE for children ages three years old and under.
2. A great chance for Moms and Dads to socialize with other parents with young children.
3. The only place in Hohenfels to learn the "Slippery Fish" song.
4. Meet radio personality Priscilla Fleischer from the widely acclaimed Instructions Not Included AFN Radio Program.
5. Meet Pamela Koch, Exceptional Family Member Program Coordinator (EFMP), and ask all of those burning EFMP questions.
6. Meet the Educational and Developmental Intervention Services team members and find out how their program may help your child.
7. Delicious snacks for the children.
8. Get information about local activities for children and families.
9. Opportunities for young children to meet new friends and learn socialization skills.
10. At absolutely no cost to you, get ideas about what toys and activities your children may enjoy that also enhances their skills.

The Little Troopers Playgroup is an interactive and educational playgroup designed to foster developmentally appropriate play and help children enhance social, cognitive and motor skills. Open to all children from infants through 3-years old. Check it out from 9-11 a.m. in the former CDC Annex, Bldg. 44 on the second and fourth Friday of each month. For more information call Pam Koch, EFMP Coordinator, at 0947283-2083 or DSN 466-2083.

Little Troopers Playgroup Dates:

October 9 & 23; November 13; December 11

(The group will not meet during the Thanksgiving and Christmas Holidays)

'Instructions not Included'



By Dr. Priscilla Fleischer, Ph.D., L.C.S.W.
New Parent Support Program, ACS Hohenfels

WHAT IS A TOTAL MOM?

Susan, a mom of 3 young children, ages 5, 3, and 1 remarks: "My life seems to be made up of a never ending struggle to keep up with the house, the laundry, the shopping, and trying to spend some quality time with my children. I feel exhausted. I am living in the middle of Germany, my family is not around, and I don't have many people I can rely on here, other than my husband, and he is gone so often. How can I manage?"

I once had an apron that read: "Army wife, toughest job in the Army". I believe that that is true. In addition, we are far away from friends and family and have fewer resources to draw on for help with all the demands made on the spouses here. Many of the moms that I work with live in little villages and are isolated from what resources there are.

In September, 2009, we started our third year of a support/education group for the mothers of Hohenfels, entitled, "Total Mom".

The name is taken from the title of a book, by Hannah Keeley, (New York: Little, Brown and Co., 2007), with her permission.

We have adapted this book for our mothers, here in Hohenfels, into a 10 part series. Started September 14th, we meet for 10 Monday mornings out of the following 11 Mondays skipping only the Columbus Day weekend, discussing as many aspects of being a woman as possible. The installments are interconnected, but individually designed to stand alone. You may attend the whole series or as your schedule permits with equal comfort. The goal of the group is to help our moms be women who are full of energy, enthusiasm, powerful, confident, smart, loving, sexy, organized and balanced.

One of the most important aspects of learning how to be more organized, more balanced, and have more fun is to begin by creating a vision, a road map. When you are able to see the road ahead, it becomes much easier to plan what changes you need to make. By creating a vision, you give yourself direction. When you have a direction, you will be able to find your way and reach your goals without ending up so exhausted at the end of the day.

Many of us begin our days with the hope that we can just make it through the day. We often forget how to enjoy the little moments, and just try to "survive" each day. Instead try to break that habit and start focusing on living for each day, loving each moment, and looking forward to the opportunities that each new day brings.

Begin living your vision of the woman you want to become. Take on her role as wife, mother, and friend, by dressing like her, talking like her, believing in her. Take advantage of little moments in your day that might be missed.

"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

For further information on our group, please contact the New Parent Support Program at ACS in Hohenfels, DSN 466-4860 or CIV 09472-83-4323.



Newbies Guide to ... Life in Germany **Did you know ...** ?

Upon arriving or departing Hohenfels ACS's Lending Closet can meet your "home essential needs" by lending the following: cookware, dining ware, car seats, cribs, etc.

That your Dislocation Living Allowance (DLA), which is a partial reimbursement for moving cost can be received during in-processing within one pay period from Finance in Building 10.

When your household items arrive it is important that any lost or damaged items are indicated on the Joint Statement of Loss and/or Damages form at delivery (DD Form 1840). Retain a copy for yourself and submit the original within 75 days from day of delivery.

Visit the USAG Hohenfels website at <http://www.hohenfels.army.mil> to check out the Hometown Happenings for trips and events in and around the local area.

If you are a wine collector the Army will ship your wine collection back to CONUS as part of your over weight allowance. For details visit www.hqusaureur.army.mil

Duke Wilhelm IV of Bavaria decreed in 1516 that beer could only be brewed from barley, malt, hops, and water. This "Purity Law" was the world's first consumer protection law.

Germany has more than 1,500 types of sausages

Germany's most popular tourist attraction "The Cologne Cathedral" took more than 632 yrs (1248-1880) to build.

For more information contact
Army Community Service (ACS)
Building 10,
CIV 09472-83-4860,
DSN 466-4860.

Employment, Education and Volunteering **Do's & Don'ts** !

Do Sign up for the My Career Advancement Account (MyCAA) at www.MilitaryOneSource.com - MyCAA provides up to \$6,000 of financial assistance for eligible spouses wishing to complete education and training programs for "Portable Careers."

Do Add volunteer experience to your resume - Although most volunteer work is unpaid, many volunteer opportunities allow you to develop and enhance skills that can be used "on the job." Volunteer experience shows an employer that you are willing to try new experiences, be involved in your community, and demonstrates the desire to develop knowledge and skills that you may not have had previously.

Do Update your resume regularly - It's a lot easier to remember what you have accomplished over the last 3 months. It can be a bear to remember what you did 5 years ago and can lead to real frustration. Treating your resume as a "living document" will keep you prepared for that perfect job that may be just around the corner.

Don't be afraid or intimidated of new experiences - Being flexible is one of the top 10 qualities employers seek. Trying new things, going back to school, or getting involved in something you have never done before can broaden your horizons - and even set you up for a career you never dreamed of.

Don't tell yourself you will do it tomorrow. If finding a job, going back to school or enhancing your skills are important to you - start TODAY!



Flat Stanley the Soldier's Adventures



A new flat traveler is in route to Hohenfels Germany, and points beyond. Who is Flat Stanley the Soldier, you may ask. Well let's hear what Flat Soldier Stanley has to say to some of the folks in Hohenfels.

SFC Rivera, 1-4 INF BTN

Q: Who are you and where did you come from?

Flat Stanley the Soldier

A: I'm a flat traveler trying to connect children with their deployed parents. Most recently I spent a few months in Ft. Bragg and on my way here I stopped in Italy to see the Leaning Tower of Pizza, or maybe that was Pisa.

Ms. Evans, 527th MP CO Family member

Q: Why are you here in Hohenfels?

Flat Stanley the Soldier

A: Well, pretty soon the kids at the elementary school will be seeing me around. Hopefully they will give my uniform a little more color and send me off to visit their parent who is away.

I'm really interested in travel and although I like Hohenfels, I'm ready to see the world. This way maybe we can learn a little bit more about what is going on in other places around the world.

Ms. Clagett, Mobilization & Deployment Program, ACS Hohenfels

Q: Do you have any family?

Flat Stanley the Soldier

A: I sure do. I actually have a cousin named Stanley as well and he has a brother named Arthur. Someone even wrote a book about them and Stanley's adventures. I decided my cousin was having more fun than me and thought I could travel the world and visit Soldier's and their Families. Let me tell you, it's the best job in the world.

For more about Flat Soldier Stanley and his adventures in Hohenfels, check out the next Bavarian American or contact the Mobilization & Deployment Program at Hohenfels ACS at DSN 466-4860 or CIV 09472-83-4860.



Spouses Forum

October 7
8:30-10 a.m. Provides an opportunity for open communication between spouses and Garrison CDR

Rear Detachment Training

October 15
8 a.m. - noon, Yellow Ribbon Room. Provide new RDC with orientation and training. Ensure FRG leaders and volunteers are aware of roles and responsibilities of RDC.

FRG Leadership Conference

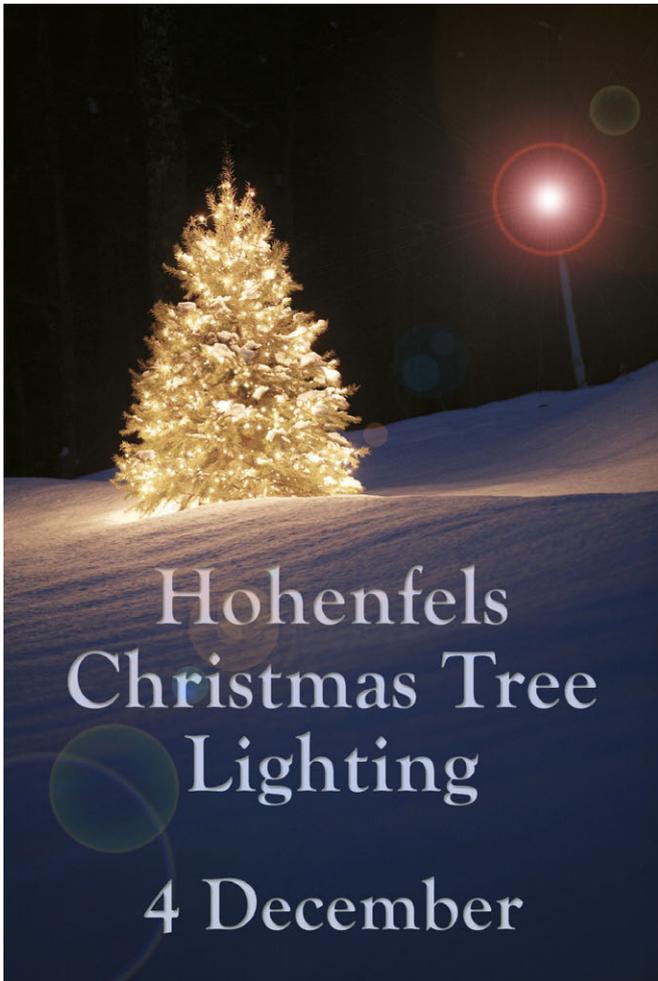
October 21
Provide incoming FRG Leaders with orientation and training. Provide a venue for current and new FRG Leaders to network and brainstorm ideas.

Make a Difference Day - Volunteer Corps

October 24
Contribute and participate in a volunteer event designed to directly benefit the community. To provide an outlet and framework for residents to volunteer their time and energy in a positive controlled environment.

College Night

October 28
College fair hosted by Hohenfels Middle/High School



The Kid's Play Zone
"Party Room"
Now open for your children's
parties & special events.



Located at the
Community Activity Center
Bldg. 40

For Reservations call:
DSN 466-2670/2840
CIV 09472 83 2670/2840



CLEOS office

We are conveniently located in ITC Bldg. 10a, Rm. 139.

New Operating hours!

We are open to Serve You:

Monday – Friday, 8 a.m.-5 p.m.

Contact us at DSN 466-2078/2080 or Civ. 09472-83-2078/2080. Appointments are available!

1:30-3:30 p. m.by calling 466-2080.

CYS Services Registrations are Free!

CYSSitters

Training includes 4-H Babysitting curriculum and Red Cross CPR/1st Aid certification.

Next CYSSitter Teen training will be **November 6 & 7.**

Contact CLEOS for training location and times.

SKIES Instructional Programs

Current SKIES Program Offerings:

- Tiny Tumblers (Ages 3-4) \$55
- Level 1 & 2 Gymnastics (Ages 5 & up) \$55
- Level 3 & 4 Gymnastics (Ages 8 & up) \$60
- Pre Ballet/Jazz (Ages 3-4) \$55
- Beginner Ballet (Ages 5 & up) \$55
- Intermediate/Adv. Ballet (Ages 8 & up) \$55
- Hip Hop/Jazz (Ages 7-11) \$55
- Tap (Ages 5 & up) \$55
- Stunts & Jumps (Ages 5-7; 8 & up) \$55/\$60
- Martial Arts (Ages 6-18) \$45/month

Session-2 runs Oct. 19th – Dec. 12th
Contact Hohenfels CYS Services for additional information at Civ 09472-83-4031/2078.

Youth Sports

Basketball: 3- 15 yrs

Cheerleading: 7-15 yrs

Wrestling: 6-14yrs; Season is December - March

Skiing & Snowboarding Camps; Dec - Feb, dates TBA)

Registrations start in October at CLEOS, Bldg. 10a.

Sports Season runs November to March

2010. *All participants must be CYS

Services registered member and have

a current Sports Physical valid throughout the season on file.



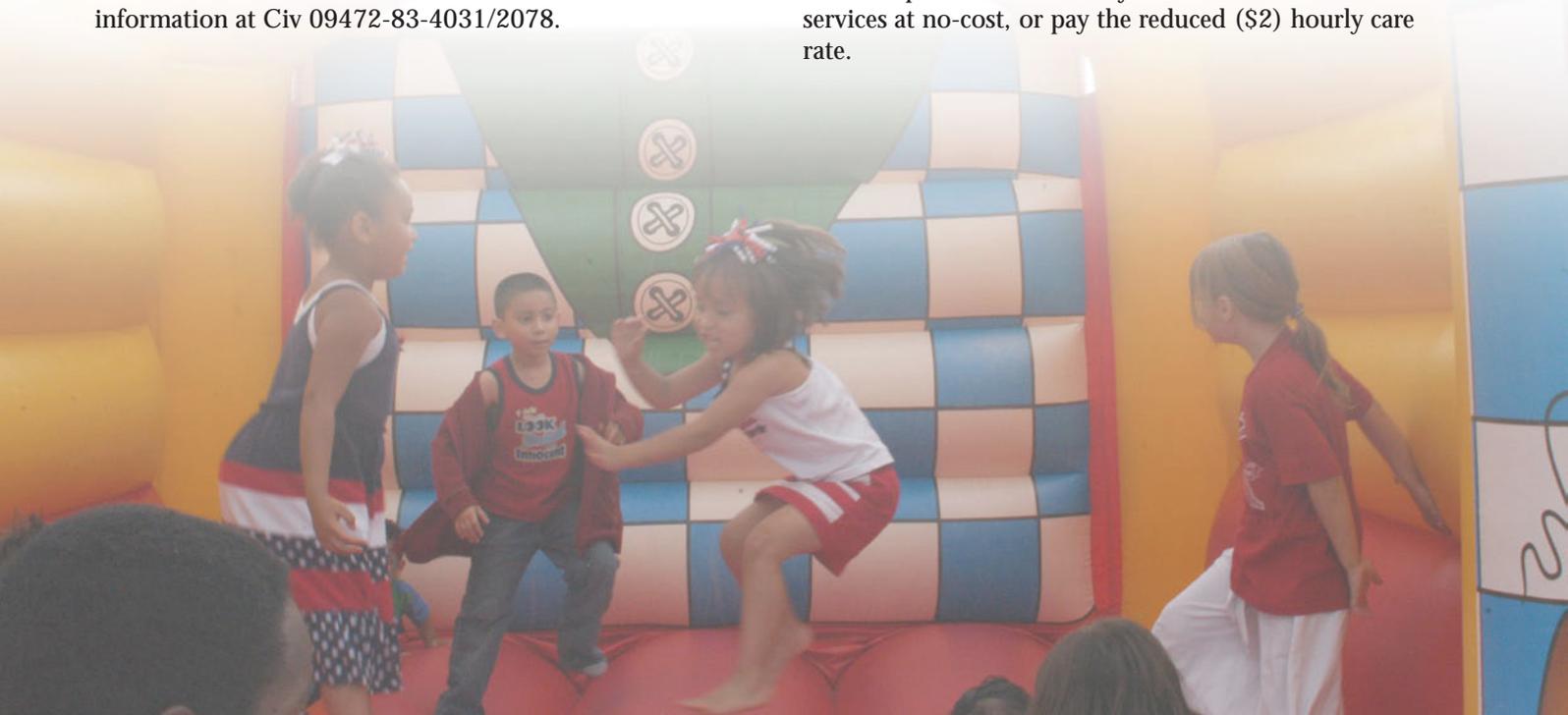
CYS Services Special Openings

Parents Night Out (PNO) services are offered on Friday evenings from 6:30-10:30 p.m. Rates are \$16 or \$12 for CDC and SAS aged children respectively. Super Saturday (SS) services are offer on Saturday's from 9 a.m.-3 p.m. Rates for Saturday services are \$24 (CDC) or \$18 (SAS). Reserve your slot in advance by making payments at the CLEOS office (Bldg. 10a) or contact us at Civ 09472-83-2078/2080 for additional information. The following special openings dates are scheduled:

- PNO: 16 October
- PNO: 20 November
- SS Special: 12 December, 9 a.m.-5 p.m.

“Sign up early...Spaces are Limited!”

Spouses of deployed Soldiers and DOD civilians with AFC Respite Care status may use their hours and receive services at no-cost, or pay the reduced (\$2) hourly care rate.



FABULOUS FALL PROGRAMS

Now that sunshine, long days and warm evenings are behind us, join us for some warm and cozy Fall programs at the **Hohenfels Library**. We have some fabulous fun fall programs for you and your entire Family!

For Everyone

Family & Solider Video Gaming Nights:

October – December

Each month the library will host family and soldier board games and video gaming nights. Play the latest games on Wii, Xbox, Playstation, or Rock Band! Or if you enjoy to play classic board games such as Scrabble, Monopoly or Chess.

Our Heroes' Tree:

October 11 – November 12

With many adults as veterans, the United States has a long tradition of patriotism. As citizens, we honor the service, commitment, and the ultimate sacrifice of the men and women who serve our country. We recognize the significance of the selfless service of our soldiers, sailors, airmen, and marines. The Hohenfels Library invites you to join us for our first annual Our Heroes' Tree. Through this program, community members create personalized ornaments that pay tribute to a soldier, sailor, airman, marine, coastguardsman, military veteran, or fallen service member in their lives. Each ornament is hung on the Our Heroes' Tree in the library as a public acknowledgement of the sacrifices of these service members and their families. In addition, community members are encouraged to submit a personal story about the hero featured on their homemade ornament. This program is funded and sponsored by The Military Family Research Institute at Purdue University.

Pumpkin Love Cooking Contest:

October/November

Do you love cooking? Do you love cooking pumpkin? The Hohenfels Library will hold their annual Pumpkin Love Cooking Contest. Test your skills in cooking with all things pumpkin; pumpkin soup, pumpkin pie, or pumpkin dumpling. If it's with pumpkin, and you can cook it, then bring it!

Monster Fest:

October 30

Spooky creatures await you and more! The Hohenfels Library will host its annual Monster Fest. Compete in a costume contest; enjoy games and activities like face-painting, body boppers, a piñata, and more!

Book-a-Librarian:

October 7 & November 4

Want to brush up on your computers skills? Unsure about email or how to find what you want online? Need to find business, government, or medical information, or want to begin searching for an ancestor? There is a ton of information out there. Let a Hohenfels Librarian be your personal guide! Private one-on-one sessions will run from 10 a.m. – 12 p.m. Contact us for more information or to schedule an appointment.

Gingerbread House Contest:

November 15 – December 8

It's holiday time and you know what that means ... it's time for Hohenfels 1st Annual Gingerbread House Contest!

If you are planning on entering, please stop by the Hohenfels library to pick up your entry form.

To further assist potential builders, we have identified web sites that feature gingerbread house recipes, and sites that have gingerbread house patterns. If you would like to know more about the rules or how to enter the contest please contact the library. All gingerbread houses will need to be in the library on December 8 by noon for judging. Winners will be announced at 3 p.m. on December 8.



For Adults

The Eclectic Book Club:

October 26 & November 30

Join us for a monthly discussion of new and old intriguing books. The Eclectic Book Club meets monthly at 5:00 p.m.

Sunday Screenings:

October 18, November 22,
December 20

View and discuss some of the latest in foreign films. Space is limited so reserve your seat today. Due to the nature of some of the films, this program is for adults 18 and older. Bring your own refreshments and enjoy a wonderful Sunday afternoon with friends.

For any information or additional details concerning fall programs, please contact the Hohenfels Library at CIV 09472-83-1740 or DSN 466-1740.

For Teens

Guys Read:

October 1, November 5, December 3

Boys ages 11-15 are invited for a monthly discussion of adventure, action and more! Snacks will be provided. Guys read meets at 3 p.m. at the library.

Teen Read Week 2009: Read Beyond Reality

October 19 - 24

This year's theme is Read Beyond Reality @ your library, which encourages teens to read something out of this world, just for the fun of it. The Hohenfels Library will be hosting several teen programs geared towards this year's theme: Read Beyond Reality.

Make It & Take It Workshop

December 14

Teens are invited to create a glass ornament to celebrate the holiday season. Bring a friend along with your creativity and have some fun. Make It & Take It Workshop will be open from 2:30 - 4:30 p.m.

For Children

Bilingual Baby Storytime:

October 6, 13, 20, & 27

November 3, 10, 17, & 24

Children ages 1 & 2 are invited to the library to listen to bilingual English/Spanish stories, rhymes, flannels and songs. Children will be introduced to the basics of Spanish. Registration is not required. Storytime begins at 9:30 a.m.

Bilingual Preschoolers Storytime:

October 6, 13, 20, & 27

November 3, 10, 17, & 24

Children ages 3-5 are invited to the library to listen to bilingual English/Spanish stories, rhymes, flannels and songs. Children will be introduced to the basics of Spanish. A craft activity will follow each storytime. Registration is not required. Storytime begins at 10 a.m.

School-Age Storytime:

October 14 & November 18

Children in grades K-5 are invited for an afternoon of stories, games, rhymes and activities. Registration is not required. Begins at 3 p.m.

Ho! Ho! Ho! A Special Christmas Story Time

December 8

Children ages 2-5 are invited to ring in the Christmas season with stories, songs, and a craft. Meet one of Santa's elves! Program begins at 10 a.m.

The Elves' Workshop

December 15

Children of all ages are invited to come to the Elves' Workshop and make a gift for someone special. The workshop will be open from 2:30 - 4:30 p.m.



Leisure Travel Services

Join us on our popular **day trips** ranging from culture & history to shopping & wellness.

All the trips leave from the ODR Building, # H15, at various times related to the distances traveled. Please remember, your reservation is NOT confirmed until payment is made. In that spirit, we operate on a first confirmed, first served basis. On some trips seating is limited to the first 50 people. Call to reserve your seats today! For more information call DSN 466-2060 or commercial 09742-83-2060.

Munich – Oktoberfest

October 3 and 4

Enjoy the original Oktoberfest in Munich. Cost is \$35 per person. Depart at 8 a.m. and return around 1 a.m. on Saturday and 10 p.m. on Sunday. Price includes transportation to and from Oktoberfest.

Asian Dragon Bazaar – Cheb, Czech

October 7

Start your Christmas shopping early in Cheb, Czech. Leisure Travel will take you to one of the largest of its kind in Cheb, Czech. More than 600 sale stands to choose from. They offer a wide variety of products to include Bohemian glass and porcelain, gifts and souvenirs, and a large assortment of seasonal clothes, shoes, garden dwarfs and sculptures and much, much more. Enjoy dining in one of the 7 different restaurants. Depart at 8 a.m. and return around 2:30 p.m. Cost is \$35 per person.

Poland – Polish Pottery

October 10

Poland is traditionally known for its handcrafted goods such as the well-known Polish Pottery. One of the most popular cities to find the renowned ceramics is in Boleslawiec. Enjoy a full day shopping for the traditional white and navy-blue crockery decorated with spots, circles and small stylized flowers. Depart at 5 a.m. and return around 4 a.m. Cost is \$65 per person.

Arevita Spa

October 21

Bus will leave at 8 a.m. from ODR and return between 2-2:30 p.m. The trip is limited to 8 guests and includes the following: Standard Facial, Eyebrow and half-leg waxing or manicure or pedicure, Full Body Massage, Sauna, steam bath and "waterbed", "Light Lunch" is included.

Must sign up by October 16 to select your services. Cost is \$125.00 per person. Other services may be selected upon arrival to the spa. Make sure to bring Euros and they do accept the VAT form. Spa trip is offered again **November 4**. Sign up by October 30.

Chiemsee Castle – Largest of Ludwig's Castles

October 24

Herrenchiemsee, a Palace of Ten Days, is on the island of Chiemsee. This is the final castle of Ludwig II and the biggest and most expensive of all 16.6 million. It looks like Versailles. First you go through the vestibule and then to the Hartschier Hall, then finally to the journey into the royal bed chamber where no-one ever slept. For 7 years, there were 30 hard-working women that worked on the embroidery for the bed cover. The bus will take you to the port where you can choose one of the three tour packages with a cost of 5-20 Euro per person. Depart at 5 a.m. and return to Hohenfels around 9 p.m. Price includes transportation to and from Chiem. Cost is \$45 per person.

Asian Dragon Bazaar – Cheb, Czech

November 14

We will take you to one of the largest of its kind in Cheb, Czech. More than 600 sale stands to choose from. They offer a wide variety of products to include Bohemian glass and porcelain, gifts and souvenirs, and a large assortment of seasonal clothes, shoes, garden dwarfs and sculptures and much, much more. Enjoy dining in one of the 7 different restaurants. Depart at 7 a.m. and return around 8 p.m. Cost is \$35 per person.



November 21 - Salzburg

Enjoy a leisurely-paced self-guided walking tour of the Old Town, highlighting the Cathedral, Mozart's birthplace and Mirabell Gardens. The remainder of the day is at leisure for you to explore Salzburg's charming Christmas market, located in the city's historic area. Depart 5 a.m. and return around 10 p.m. Cost is \$65 per person.

December 5 - Prague

Prague Christmas Markets have some of the most beautiful wooden huts, selling original Czech handicrafts, hot food and warm drinks. You can find a wonderful selection of Christmas stocking stuffers to include, Czech glass, wooden toys, and much, much more. Depart at 5 a.m. and return around 9 p.m. Cost is \$45 per person.

December 12 - Rothenburg

This Christmas market dates back to the 15th century, so it is one of the oldest one's in Germany. The town turns into a winter wonderland with all of the beautiful Christmas decorations in a medieval setting and the Christmas museum illustrates the history of the traditional German family Christmas celebrations and the Doll and Toy Museum features the history of playthings. Depart at 9:30 a.m. and return around 8 p.m. Cost is \$35 per person.

December 19 - Nuremberg

Join Us for the most famous Christmas market in Germany, Nuremberg with over 180 stalls. Enjoy the Nuremberg spicy gingerbread, fruit loaves, bakery goods and sweets, typical Christmas articles such as Christmas tree angels, cribs, Christmas tree ornaments, toys as well as arts and crafts products. Favorite souvenirs include "Nuremberg Plum People", little figures made from prunes. And of course, there are always rolls with Nuremberg roast sausages and mugs of mulled wine. Depart at 8:30 a.m. and return around 10:30 p.m. Cost is \$35 per person.

Rev It Up-Ride An ATV!



USAG Hohenfels Outdoor Recreation is now offering ATV Training Course & ATV Safari Rides. This is an exciting, highly exhilarating outdoor adventure. Bring your friends and have a great time! Learn the basic techniques for riding ATV's.

The ATV Training Course provides certified safety training to ensure the safest ride possible. You will demonstrate full use of the ATV by running thru drills before you hit the beautiful Hohenfels hills.

ATV Training Dates: 3 Oct, 24 Oct, 7 Nov, 14 Nov
 ATV Safari Dates: 4 Oct, 25 Oct, 8 Nov, 15 Nov

Prices: Day - \$75, Safari - \$ 35

ODR
 Outdoor Recreation



Winter Season Rental starts
 1 Oct - 1 May

Forest Clean Up
 3 Oct
 Area Beautification, 8 a.m. - 4:30 p.m.

Bike Maintenance Course
 14 Oct
 Instructional Class, 8 a.m. - 4 p.m., \$15 per person

Monster Mash 101
 17 Oct
 Bike Race at Sports Platz, 8 a.m. - 4:30 p.m.

For more information contact USAG Hohenfels Outdoor Recreation, DSN 466-2060, CIV 09472-83-2060.

Massage Services

Appointment Hours
 M-F 0900-1900

Weekend & Holidays 0930-1600
 Call Post gym : 09472-83-2883

Fees:

- Hot Stone Treatment- \$10
- 15 Min "Chair" Massage- \$15
- 30 Min Massage- \$30
- 60 Min Massage- \$50

(Hot Stone Treatment can be added to 60 min massage)

Massage Type & Description:

- Swedish Massage* - incorporates light pressure to deeply relax and calm the client, light stretching may be involved.
- Deep Tissue Massage* - a deep penetrating massage focused on reducing tightness and/or pain in constricted muscles.
- Sports Massage/ Remedial Massage* - intended to improve blood circulation, speed up healing of damaged muscles, and used as treatment massage.
- Hot Stone Massage* - uses warm stones to heat and relax muscles.
- 15 Min "Chair" Massage* - Just what the "doctor" ordered for those on the spot aches and pains.



Sports & Fitness

U.S. Forces Europe Combat Cross Country Championship
 8 October, Hohenfels Sportplatz
 This team running event is open to all Active Duty Service members. Event registration is from 9:30-10:30 a.m. at the Sportplatz. The race will begin immediately following the Pre-event briefing at 11 a.m.

IMCOM Europe Unit Level Flag Football Championship
 5 - 8 November, Hohenfels Sportplatz
 This Championship Tournament will consist of Unit Level League Champions from various Garrisons throughout IMCOM Europe. If they advance to this tournament, HHC 1-4 INF will get to defend their 2008 Championship on their home field. Pool Play will begin on Thursday, 5 November with the top teams advancing to the Tournament bracket on Saturday, 7 Nov.

For more information, contact the Sports Office at 466-2868 or 2493.



Texas Hold'em
 16 Oct, 13 Nov, 11 Dec
 The Zone, 6 p.m. - midnight
 \$25 Registration Fee
 includes food



Bunco
 16 Oct, 13 Nov, 11 Dec
 The Zone, 6 p.m. - midnight
 \$10 Registration Fee
 includes food

Monster Mash 101
 17 Oct
 Bike Race, Sports Platz
 8 a.m. - 4:30 p.m.



BOSS Halloween Party
 30 Oct
 The Zone, 6 p.m. - 1:30 a.m.



Halloween Carnival
 31 Oct
 2 p.m. - midnight
 location TBA



New Year's Eve Party
 31 Dec
 The Zone,
 6 p.m. - 1:30 a.m.

Columbus Day
 12 Oct

Veteran's Day
 11 Nov

Thanksgiving
 26 Nov

Christmas
 25 Dec



October is **DOMESTIC ABUSE PREVENTION MONTH** in the ARMY



Make the RIGHT CHOICE: ACT To Prevent DOMESTIC ABUSE



**L _ D _ R _ S _ H _ I _ P
 SELFLESS SERVICE**

PROMOTE a climate of zero tolerance for domestic abuse



November is
MILITARY FAMILY APPRECIATION Month



The BOSS Car Show was a hit thanks to our sponsors,



and all who participated...

THE *Faces* OF MWR



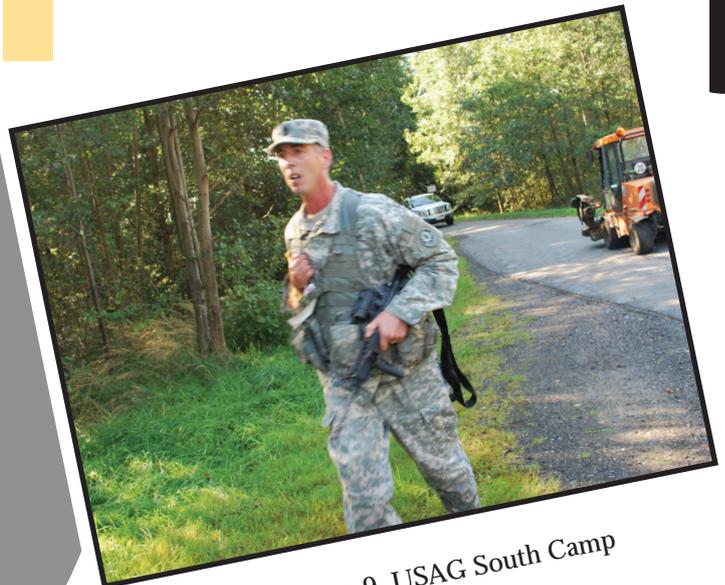
Will you be one of the Faces of MWR?



and came out to the event!



2009 Combat Cross Country Run



September 9, USAG South Camp

Kids Page



Halloween Maze