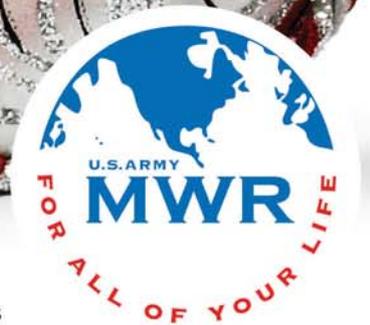


Bavarian-American

Winter Quarterly

Happy 2009!



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



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INSTRUCTIONS NOT INCLUDED

When I came back from deployment, my wife expected me to take over – the house, the kids, the homework. She doesn't seem to understand that I am not ready for that yet."

"My older child has been hitting and biting us since we brought the new baby home. What can we do?"

"I am having a terrible time going out with my two-year old. It always ends up with a tantrum, and I don't know what to do."

"We are going to have our first baby early next year. I am worried about having a baby in Germany."

These are a sample of the questions a new American Forces Network Bavaria radio call-in show, Instructions Not Included, have begun to address for Family Members and Soldiers. The show is presented by Hohenfels Army Community Service and features advice offered by the professional staff of the New Parent Support Program (NPSP), Laura Knarr, BS, RN, mother of four young children and Priscilla Fleischer, Ph.D., Licensed



Laura Knarr, BS, RN responds to a question during a recent broadcast of Instructions Not Included AFN Bavaria Radio call-in show broadcast each first Tuesday of the month from 9-10 a.m.

Clinical Social Worker, retired Army spouse with three children and three grandchildren.

Knarr, a former OB, GYN nurse, has plenty of experience from career and home as well as from a husband who has deployed twice giving her a special perspective during this active time in IM-COM. Having been involved in the NSPS program for four years in Hohenfels and in USAG Giessen before it closed, Knarr has devoted a great deal of time in study and research to provide insight and advice concerning pregnancy, delivery in a German hospital, newborn care, and difficulties faced by parents of toddlers.

Fleischer has worked for many years with families and children, and understands the stresses faced by parents with regard to sibling rivalry, marital stress related to differences in child-rearing beliefs, as well as understanding how post-traumatic stress disorder affects families and children. Before coming to Hohenfels, Fleischer worked with the Family Service Agency in San Francisco, in private practice specializing in trauma – related disorders, as a school social worker with deaf children, and as a supervisor in a community mental health treatment facility. As an Army wife, she worked as the Crisis Line supervisor at ACS at the Presidio of San Francisco, and as the Parent Effectiveness trainer there giving her an outstanding awareness of the intricacies of family dynamics and child development issues.

Instruction Not Included is designed to offer yet another non-threatening anonymous resource for parents to find answers to questions they may have since, in reality, there are no instructions that come with the birth of a baby. In addition to radio show hosts Knarr and Fleischer specialize in actually meeting with expecting and young mothers right in their homes so that their consultations are specific and personal. They can also refer families to resources within the Army for help on other issues pertaining to the health and safety of all concerned.

The call-in number for Instruction Not Included is DSN: 476-3176 or CIV: 09641-83-3176 airing the first Tuesday of each month on AFN Bavaria. Check your local listings for frequencies in your area. For more information, please call Hohenfels Army Community Service at DSN: 466-4860 or CIV: 09472-83-4860 and ask for the New Parent Support Program.

CELEBRATING HOHENFELS VOLUNTEERS

Happy New Year from the Army Volunteer Corps Program at Army Community Service. Volunteers are a vital part of any community throughout the entire year and that is never truer than during the holiday season. Volunteers go above and beyond by donating more hours to help with all those extra special projects that occur at this time of the year. The holiday season is already stressful with all the normal things that you have to do (i.e. shopping, cooking, and cleaning) that you may overlook something very vital:

Volunteers: turn in your volunteer hours! Many of you will say you are not concerned with being recognized for volunteering because you do it for the joy of giving back, but here at Army Community Service we want to demonstrate how truly special and

important our volunteers are to the Hohenfels Community. So add turning in your volunteer hours to your "to do" list today. Every minute you volunteer makes a difference in someone's life. Every hour you volunteer makes a difference in your community.

For more information, contact your local Army Community Service's Army Volunteer Corps Program Manager.



Family Morale, Welfare and Recreation along with Army Community Service are pleased to announce the appointment of Brandi G. Stauber to the position of ACS Division Chief. Stauber has been serving as the Family Advocacy Program Manager since her arrival in Hohenfels in 2005. Her background includes a great variety of ACS experience in several stateside and overseas locations as well as being credentialed as a Licensed Clinical Social Worker with a Masters degree in Social Work. Stauber is available to the Hohenfels community at ACS, Bldg 10, DSN: 466-4860 or CIV: 09472-83-4860.



BUILDING STRONG FAMILIES, ONE CLASS AT A TIME

Have you ever had one of those days that you wished your children had come with an owner's manual? Or that Super Nanny would come in, save the day and tell you everything you needed to know about parenting? Or maybe you just wish that a life coach could step in and tell you how to balance all your responsibilities, strengthen communication and decrease your stress while still juggling all your responsibilities. While Family Advocacy can't give you a nanny or a life coaches, they can teach you many skills to improve your family life. The following are some courses that can assist even the best of families to become a little bit better.

If Super Nanny isn't planning on making a visit to your home and a life coach isn't standing in the wings waiting to help out, then start building and developing your family skills through one of the many great ACS classes offered by Family Advocacy. Stronger families make a stronger community, and there is no time like the present to begin strengthening yours. There is no fee for any of the classes offered through Family Advocacy. All members of the community are encouraged to take advantage of the opportunity to attend. For specific class times and dates and to enroll please call ACS at DSN: 476-2650 or CIV: 09662-83-2650.

PREP: COUPLES COMMUNICATION

If you have ever wanted a deep, fun, more committed relationship? Then the Prep: Couples Communication Class is you. It is a series of six two hour courses that are designed to help couples identify the risk factors that they might be facing and to learn tools to help them communicate more effectively without fighting. It teaches couples to act on the commitment that they have in their marriage and build on their strengths so that they can enjoy a more fulfilling and loving relationship.

GREAT EXPECTATIONS

Newly expecting parents are given a great start in this eight session course geared to teach them everything they need to know about their new addition. Some of the topics covered include nutrition and exercise, labor and delivery, infant care and safety, post partum mood disorders, communication and changing family needs, delivering in a German hospital and how to apply for passports. You gain valuable information from numerous agencies on post that are brought together to make sure you are fully prepared to get your family off to the right start.

INFANT MESSAGE

There is no greater way to bond with your new infant than to practice infant massage. Classes are offered monthly to new parents to teach them techniques of infant massage. There are many benefits that are gained from this sort of interaction with your children including increased bonding and attachment, healthy weight gain, calmer more relaxed interactions and many more. This is a two session course where you will be taught all of the proper techniques as well as given all the tools you need to use massage in your own home.

CATERPILLARS AND BUTTERFLIES PARENT AND CHILD INTERACTIVE PLAY MORNING

This class is a great opportunity to help your children age 0-3 to socialize and learn about the world around them in a highly interactive class. In this informal setting children and parents learn through play. Activities are held weekly focusing on different skills and topics from colors and shapes to sharing and communicating



effectively. It is never too early to begin educating and interacting with your children. This class gives parents new ideas for teaching opportunities and a forum to discuss other issues they may be facing with parents in similar situations.

STAND UP! STAND OUT!

Ever feel like there aren't enough activities for our teens or they are just being swept under the rug? This program is specifically designed to make sure that they aren't. Teens have the opportunity to work together to change their community on a project that they choose. This will be a group especially for them to discuss issues that they are facing and then find a constructive way to improve their situation. The class meets weekly and will be facilitated by the Family Advocacy Education Contractor.

Through their projects, teens learn communication skills, build relationships and have mini classes on other important life skills all while having fun and improving their community.

COMMON SENSE PARENTING

Parents face a myriad of challenges while raising their kids. Sibling rivalry, family routines, trouble in school, tantrums, defiance and many other challenges can be addressed using the parenting techniques taught in this class. Parents are taught skills that can be used quickly and effectively so less time is spent disciplining children and more time is spent developing relationships and enjoying family time. There are two separate classes taught, one for parents of toddlers and preschoolers and one for school age children up to the teen years. If you are looking for some new parenting techniques or just want to polish up your skills, this six session course will give you some great insights into raising children more effectively.

STRESS MANAGEMENT

When your life feels like it is spiraling out of control or you feel like you are becoming completely overwhelmed it may be time to check out a stress management class. You learn the early warning signs of stress as well as coping strategies, techniques, the physical, emotional and mental symptoms and have the opportunity to develop your own action plan to combat the stressors you may have in your life. This class has a combination of interactive activities as well as speakers so that it is fun and engaging as well as beneficial. So before your life starts running away with you, take charge and do something proactive to decrease your stress.



EXCEPTIONAL FAMILY MEMBER PROGRAM IN A SNAPSHOT

by Jay Vélis, EFMP Manager, Rose Barracks ACS

First and foremost the Exceptional Family Member Program (EFMP) is designed to ensure that Family Members with special needs are helped in multi-faceted ways to ensure that they receive the best care possible. Some of this assistance may include but is not limited to the Army Community Service (ACS), Military Treatment Facility (MTF), Educational Development and Intervention Services (EDIS), Department of Defense Dependents Schools (DoDDS), and Child, Youth and School Services (CYSS).

ARMY COMMUNITY SERVICE (ACS) – The EFMP Manager at ACS works with Families and local agencies to ensure that all EFMP issues are resolved or referred to the proper agency such as the MTF, EDIS, CYSS, Personnel, etc. The EFMP Manager serves as the one-stop shop for any and all unresolved EFMP issues for resolution. Assistance is also provided for EFMP related compassionate reassignments, early return of dependents, exception to policy for housing issues, etc.

MEDICAL TREATMENT FACILITY (MTF) – The MTF provides assistance in conducting EFMP screenings for enrollment into the program. The MTF also performs the periodic updates to enrollments such as the three year updates, adding new medical conditions to enrollments, disenrolling members who no longer require enrollment, these actions are also performed for educational enrollments/disenrollments/updates. Additionally, the MTF coordinates EFMP screenings for Family Members that require such actions for example: newly married Family Members, Family Members awaiting travel to accompany the Soldier to Germany, Family screenings for another overseas assignment, etc.

EDUCATIONAL DEVELOPMENT AND INTERVENTION SERVICES (EDIS) – The EDIS office takes care of providing assessments and providing services to newborns through three years old. An example of this service would be in case your baby (0-3 years old) is not meeting certain developmental stages. The agency will do an assessment of the child. If the child is in need of developmental services, the agency will schedule needed services to assist the child. At age three, children are transitioned to DoDDS for continuation of educational services.

DEPARTMENT OF DEFENSE DEPENDENT SCHOOLS (DoDDS) – The DoDDS schools are required to provide assessment and services for children 3 years through 18 years old. DoDDS has kindergartens, pre-school programs for young children and 1st to 12th grade. If a child has special educational needs, the schools in conjunction with the parents come up with an Individual Education Plan (IEP) that addresses the child's special needs and the school's plan to accommodate those needs.

CHILD, YOUTH AND SCHOOL SERVICES (CYSS) – The CYSS plays an important role in accommodating children with special needs by evaluating all children signing up for CYS programs. If a child has identified special needs, the Army Public Health Nurse for the community will review the medical records and make a recommendation for utilizing the CYS services. If a child has special needs that require coordination for the facility being requested, the nurse will recommend a Special Needs Accommodation Process (SNAP) meeting for a thorough evaluation.

TYPES OF EFMP ENROLLMENTS – Family Members may be enrolled for medical reasons, educational reasons or both. When a Family Member is diagnosed with a medical condition which warrants enrollment in the EFMP, that enrollment is for medical reasons. Usually all adults that are enrolled in the EFMP are for medical reasons. When a child requires special needs for their learning environment and are place on an Individual Family Service Plan (IFSP) (0- 3 years old), or an Individual Education Plan (IEP) (3-18 years old), they are enrolled for educational reasons. Family Members can be enrolled for any combination of medical, educational or both.

UPDATING EFMP ENROLLMENTS – All EFMP enrollments are usually good for three years after initially enrolling in the program. At or before the three year mark, Soldiers should update the enrollment with the latest diagnosis to ensure that the enrollment is current and up to date. There may be times when a disenrollment is warranted, an example would be if a Family Member no longer needs the special care ranging from medical care to educational assistance. There are other times such as divorce, death, or Family Member is no longer a dependent, when disenrollments should be initiated to ensure that information is current.

WHY ENROLL IN THE EFMP? – Enrollment in the EFMP ensures that Family Members will get the required medical or educational services where they go. Specifically, medical services availability applies mainly to overseas locations such as Germany, Korea, Alaska, Hawaii, etc. A Soldier may not be turned down for an assignment for educational reasons, only for medical availability reasons. The enrollment of educational children also assures that there is a continuous plan to address the children's educational needs from the outgoing community to the incoming community through the transfer of the IFSP or IEP.

If you have any questions about the Exceptional Family Member Program stop by your local Army Community Service and ask for the EFMP personnel. We are here to make your Army experience an exceptional one and as such we pride ourselves in a commitment to excellence.

ENROLLMENT IN THE EFMP ENSURES THAT FAMILY MEMBERS WILL GET THE REQUIRED MEDICAL OR EDUCATIONAL SERVICES WHERE THEY GO.



25TH ANNIVERSARY OF ARMY FAMILY ACTION PLAN

A rmy Family Action Plan was created in 1980 through focus groups but was fully developed with the first official AFAP Conference held in July 1983. Its mission is to help Army leaders address the needs and concerns of the total Army Family. AFAP provides a way for Soldiers and Family members to let Army leadership know what works, what doesn't - and what they think will fix it. The feedback to leaders results in policy changes that become tangible end-products at garrisons across the Army. AFAP beneficiaries include Soldiers, retirees, Department of Army civilian employees and all their Family members. "We recognize what it takes to be an Army Family, and that our Soldiers draw great strength from their Families," said Army Chief of Staff GEN George W. Casey, Jr. "The welfare of Army Families is increasingly important to all of us," he said, adding that the Army was committed to building a partnership with Families. That partnership is embodied in the Army Family Covenant.

Six hundred thirty three issues have been identified in the past 25 years.

AFAP has driven 107 legislative changes, 154 Army policy and regulatory changes and 173 improved programs and services. It is also notable that 61% of all active AFAP issues impact all the Services. Thanks to the foresight of GEN Wickham and his staff 25 years ago, the needs of the Army Family remain front and center in the hearts and minds of Army leaders today and into the future.

If you are a Soldier, retiree, civilian, or Family member - active, Guard, or Reserve, you can be part of USAG Grafenwoehr, IMCOM Europe, and HQDA AFAP programs. Be a delegate and share your good ideas. Submit an Issue by filling out a hard copy Issue paper (located throughout the community) or by going online to www.grafenwoehr.army.mil and clicking on the "AFAP/Community FIRST" link. Volunteer to help with a conference, assist with the program, or be a member of the local AFAP Advisory Committee. If you are a commander, you can support a strong AFAP program in your community, and you can draw on the real-time quality of life information AFAP

provides. The two-day USAG Grafenwoehr AFAP Conference will take place the end of February 2009. For more information on how you can take part, contact the USAG Grafenwoehr AFAP Program Manager, Ruth Cowart, at CIV: 09662-83-2650.

Some changes brought about by AFAP...

- Service Members' Group Life Insurance increased from \$50,000 to \$200,000
- Basic Allowance for Housing increased by 11% -- part of a plan to eliminate out-of-pocket housing costs by 2005
- A Military Savings Plan implemented
- AER provides grants in overseas locations to assist with financial aid for spouses to pursue undergrad, vo/tech, high school completion, and English-as-a-Second-Language studies
- DOD Reserve Component Family member ID card established
- Vehicles can be stored at government expense when a Soldier is reassigned to an area where shipment is not authorized
- Family Separation Allowance was increased from \$75 to \$100 per month
- TLE was authorized for first-term enlisted personnel as well as first-term officers
- Family Readiness Groups were institutionalized
- Programs like Army Family Team Building (AFTB) and Better Opportunities for Single Soldiers (BOSS) were born

HAVE A PLAN AND STICK TO IT

by Rachael Sosa, Financial Readiness Specialist, USAG Hohenfels Army Community Service

One of the biggest news stories during the past six months has been the world financial crisis and how it may affect all of us. Naturally people are concerned, but there are things that can be done. One of the first things to consider is the development of a personal financial plan. A blueprint that can have big and small ideas to save or make better use of your money.

Do you think it is easy to flitter away \$5 in a day? That turns into \$35 in a week; \$150 in a month. It is way too easy! If you wonder how so much of your money seems to vanish each month, you are not alone. Millions of others are also looking for that mysterious vacuum of a black hole that mysteriously sucks away their dollars between paydays. It is not that difficult to find the source of the problem; however, you must look to yourself.

Have you worked out a monthly budget? Do you buy yourself “treats” when you are feeling down? Do you reward yourself for accomplishments by spending extra money? Do you smoke? Do you go “clubbing” or out to dinner every weekend? Both nights? Do you buy exorbitant gifts? Do you buy only designer brands? Is your phone bill as much as your grocery bill? Do you even know how much your monthly grocery bill is?

Do you think you will make so much more money next year or five years from now that you will be ok if you put off a savings plan a bit longer? Are you convinced that some magical supply of money will appear and take care of you in the event of an emergency or when you can no longer earn money? Is your retirement plan based entirely on buying lottery tickets?

If so, it is time to get a handle on your spending and saving habits. Now is that time. The New Year is really a great time to make firm financial decisions! These basic money-savings tips can help you get started. It does not take much effort to take charge of your financial present and your financial future: just a little planning, discipline, and attention to detail. Remember that \$5 a day that you often seem to “lose?” By extending your personal discipline to not spending that \$5 a day – you will have “found” an extra \$1,825 a year.

- Work out a monthly budget and spending plan. It is not that difficult! Sign up for Hohenfels ACS Credit & Budgeting workshop on January 26, February 23, and March 30.
- Keep track of all your expenses, no matter how large or small. That way you will know EXACTLY where your money is going – and if you are sticking to your spending plan.
- Cut back to one credit card.
- Better yet do not use any credit cards. Use cash only! Save for each purchase. Leave your credit card and ATM card at home.
- Do not buy anything the first time you see it. Take time to think the purchase through.
- Do not go food shopping when you are hungry, tired or depressed.
- Do not eat out as often.
- Bring your lunch to work.
- Share purchases with others: buy a neighborhood grill; share a children’s swing set.
- If you have debt, pay down debt as quickly as possible. Pay on time. Pay more than the minimum required.



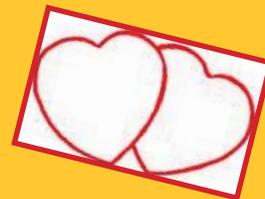
Do not be a servant to lenders.

- If you have credit cards, ask the lender to have the interest lowered on your credit card or switch your balance to a card with a lower rate.
- Buy washable clothes, not those that require dry cleaning.
- Think of alternatives to expensive gifts. Give your time or something you make.
- Trade babysitting with other parents.
- Read your community calendar and newsletter to find out about free community events.
- Use your local library. Borrow books, videos, audiotapes, DVDs, and CDs.
- Rent movies or borrow from the library instead of going out to movie theaters or buying DVDs.
- Have potluck suppers instead of dinner parties.
- Write letters or e-mails instead of calling.
- Carpool, ride a bike, or use public transportation.
- Sell what you do not need, have a garage sale or consign items at your local Thrift Store.
- Re-examine all of your insurance policies to see if they are too costly. How much insurance do you need? Stop by the Hohenfels ACS Insurance: Can I Afford Not to? workshop on February 11.
- Start a retirement account. Enroll in the Thrift Savings Plan (TSP). Learn more about TSP at the Hohenfels TSP: Now’s the Time! workshop on January 8, February 9, and March 20. Explore other investment options in the Hohenfels Investing for Tomorrow workshop on January 7, February 18, and March 12.



UPCOMING ACS CLASSES

ACS INVITES YOU TO HELP THEM DEVELOP HEARTS APART, A PROGRAM DESIGNED TO ASSIST FAMILY MEMBERS MAKE THE SEPARATION MORE BEARABLE DURING PROLONGED DEPLOYMENTS.



DISCOVER YOUR NEIGHBORHOOD

This one day orientation tour provides an opportunity to discover historical places to visit in the local areas; and learn about local specialties through visits to the butchers, bakeries, flower stores, pharmacies, and more. Experience a typical local restaurant and learn about the upcoming holidays and local customs.

FORBIDDEN AND GOLDEN ROAD

Travel on the "Forbidden" and the "Golden" road. Stop at the local spice and tea factory; Smell, taste and learn about the benefits and joys to your health and how to take full advantage of the variety of ingredients.

Pack a snack or bring Euro for lunch at a typical German restaurant. Bring a friend and enjoy a day of discovering.

- Rose Barracks 8:30 a.m.-5:00 p.m.
- Graf ACS 9:00 a.m.-4:30 p.m.
- Netzaberg 9:30 a.m.-4:00 p.m.

January 16

DISCOVER AMBERG

Discover Amberg and its treasures. Orientation includes visits at the smallest hotel of the world, learning to shop at the farmers market, and a local cheese farm.

Take a break, collect your Euro coins around the house and join us for this outing to practice your German skills.

- Netzaberg 8:30 a.m.-5:00 p.m.
- Graf ACS 9:00 a.m.-4:30 p.m.
- Rose Barracks 9:30 a.m.-4:00 p.m.

February 20

SPRING FLOWERS

Get prepared for Spring. Visit a flower market and pick up tips on planning your garden, which plants are best suited for your yard, balcony or decorating your house.

- Rose Barracks 8:30 a.m.- 5:00 p.m.
- Graf. 9:00 a.m.- 4:30 p.m.
- Netzaberg 9:30 a.m.- 4:00 p.m.

March 20

WELCOME TO BAVARIA

NEWCOMER ORIENTATION LEVEL I

Cultural adaptation and adjustment made easy! 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. Space limited.

Newcomer Orientation to

Germany and this area. Learn the basics of surviving and pick up essential and helpful tools. Learn to enjoy your stay by taking advantage of your overseas assignment and the rich opportunities you are able to take part of.

- Rose Barracks 8:30 a.m.- 4:30 p.m.
 - Grafenwoehr 9:00 a.m.- 4:00 p.m.
 - Netzaberg 9:15 a.m.- 3:45 p.m.
- Jan 12 - 15 9:00 a.m.- 4:00 p.m.*

- Rose Barracks 8:30 a.m.- 4:30 p.m.
 - Grafenwoehr 9:00 a.m.- 4:00 p.m.
 - Netzaberg 9:15 a.m.-3:45 p.m.
- Feb 17 - 19 9:00 a.m.-4:00 p.m.*

- Rose Barracks 8:30 a.m - 4:30 p.m.
 - Grafenwoehr 9:00 a.m.- 4:00 p.m.
 - Netzaberg 9:15 a.m.- 3:45 p.m.
- Mar 17 - 19 9:00 a.m.- 4:00 p.m.*

smooth move!! Information this month specializes on the topic of moving with parents of school age children.

Preregistration required. Space limited!

- Rose Barracks ACS 530

January 21
February 25
March 18

HEARTS APART Coordination Meeting

This program is designed to assist Family Members make the separation more bearable during prolonged deployments. Presentation of locations to visit, activities for school free days available, and time out for parent are introduced. There will be time for discussion and submitting requests for the rest of the fiscal year. This is the time to submit your wish list.

- Rose Barracks ACS 9:00 a.m.
- Grafenwoehr ACS 2:00 p.m.

January 7

INTERNATIONAL SPOUSES CLUB

This forum provides Foreign Born Spouses (Spouses with English as a Second Language) to interchange 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.

Registration for English as a Second Language Class.

Coordination Meeting

- Rose Barracks ACS 12:00 p.m.
- Grafenwoehr ACS 1:00 p.m.

January 7

DEPLOYMENT READINESS

Battlemind Training

• Grafenwoehr Chapel Annex
9:30-11:30 a.m.

January 20; February 17; March 24

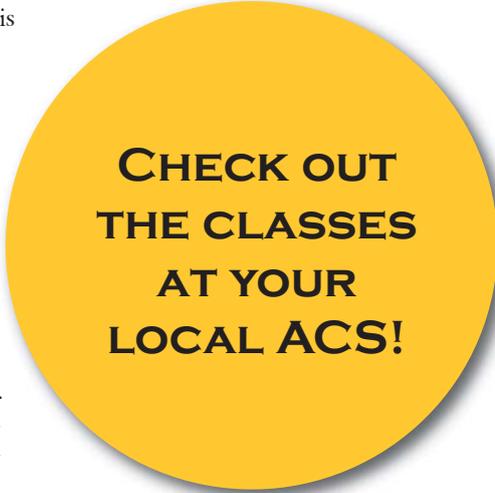
- Rose Barracks ACS Bldg. 322
9:30-11:30 a.m.

January 21; February 18; March 25

Respite Care Provider Training

• Rose Barracks ACS Bldg. 322
8:30-11:30 a.m.

January 2; February 6; March 6



PLAN

Take advantage of all the resources available to you. Discover all the links to a successful and less stressful move. Get ahead of the process and make the next PCS a clicking

YOUR MOVE

EMPLOYMENT READINESS

Beginner RESUMIX and Resume Writing

- Rose Barracks ACS Bldg. 322 2 p.m.
January 12; February 16; March 16
- Grafenwoehr Bldg. 244 2 p.m.
January 15; February 19; March 19

Interview Skills Class

- Rose Barracks ACS Bldg. 322 2 p.m.
January 26; March 30

FINANCIAL READINESS

Basic Investing 101

- Rose Barracks ACS Bldg. 322
January 20 12 a.m.-1 p.m. 5:30-6:30 p.m.
February 23 5:30-6:30 p.m.

Checking Account Maintenance

- Grafenwoehr Bldg. 244
1-3:30 p.m. *January 7, March 4*
- Rose Barracks ACS Bldg. 322
1-3:30 p.m. *February 4*

Home Buying Basics

- Grafenwoehr Library
March 24 5-6 p.m.

Money Management

- Rose Barracks ACS Bldg. 322
1-5 p.m.
February 18
- Grafenwoehr Bldg. 244 1-5 p.m.
January 21; February 18

Taking Care of Your Credit

- Rose Barracks ACS Bldg. 322
5:30-6:30 p.m.
February 17

Understanding Mutual Funds

- Rose Barracks ACS Bldg. 322
5:30-6:30 p.m.
March 2

Understanding Mutual Funds, Investing 102

- Rose Barracks ACS Bldg. 322
12 a.m.-1 p.m.; 5:30-6:30 p.m.
January 27

PARENTING AND RELATIONSHIPS

Caterpillars and Butterflies play Group

- Grafenwoehr Chapel Annex 8:30-10 a.m.
January 6, 13, 20, 27; February 2, 9, 16, 23; March 3, 10, 17, 24, 31
- Rose Barracks Chapel Annex
January 7, 14, 21, 28; February 4, 11, 18, 25; March 4, 11, 18, 25

Great Expectations

- Rose Barracks ACS Bldg. 322 10-11:30 a.m.
January 2, 9, 16, 23, 30; February 6, 13, 20

Prevention Relationship Enhancement Program (PREP)

- Rose Barracks ACS Bldg. 322
12-2 p.m.
February 2, 9, 23; March 2, 9, 16, 23, 30

PERSONAL READINESS

Army Family Team Bldg.: Level One

- Grafenwoehr Library 9 a.m. -2 p.m.
February 4-5
- Rose Barracks Bldg. 221
March 4-5 9 a.m. -2 p.m.

Army Family Team Building: Level Two

- Grafenwoehr Library 9 a.m. -2 p.m.
February 24-26

Army Family Team Building: Level Three

- Rose Barracks Bldg. 221
9 a.m. -2 p.m.
March 24-26

Stress Management

- Rose Barracks ACS Bldg. 322
12-2 p.m.
February 13, 20, 27; March 6, 13, 20, 27

RELOCATION READINESS

Discover your Neighborhood

- 9 a.m.-5 p.m. (Call ACS for pick up times)
January 16;
February 21; March 20

Smooth Move

- Rose Barracks ACS Bldg. 322
5:30-7 p.m.
January 21;
February 25; March 18

Welcome to Bavaria

- 9 a.m.-4 p.m. (Call ACS for pick up times)
January 12-15;
February 16- 19;
March 16-18

AFTB Instructor Training

- Rose Barracks Bldg. 221
8:30 a.m. -2:30 p.m.
January 20-22

SUPPORT GROUPS

ADHD Support Group

- Grafenwoehr Bldg. 244
11-12:30 a.m.
January 5, February 2; March 2

Climbing the Rainbow

- Rose Barracks ACS Bldg 322
10:30 a.m.-1 p.m.
January 26,

February 16, March 16

New Parent Support Group

- Rose Barracks ACS Bldg. 322
10-11:30 a.m.
January 15; February 19; March 19

Nursing Mothers Support Group

- Rose Barracks ACS Bldg. 322
10-11:30 a.m.
February 5; March 5

Post Traumatic Stress Disorder Support Group

- Rose Barracks ACS Bldg. 322
12-2 p.m.
February 5, 12, 19, 26; March 5, 12, 19, 26

Special Needs at USAG Grafenwoehr (SNUG)

- Rose Barracks ACS Bldg. 322
5:30-7 p.m.
January 4; February 4; March 4

For a complete course listing please refer to the Army Community Service Quarterly Class Schedule.

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://epol.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





USAG HOHENFELS CLEOS CENTRAL ENROLLMENT REGISTRY

Serving Keltenwall, Camp Nainhof, Grossbissendorf, Schmidühlen & Surrounding Communities.

We are conveniently located in the In-processing Training Center (ITC) Bldg. 10a, Rm. 139. The CLEOS Office is your first stop to registering for Child, Youth & School Services (CYSS) childcare programs and youth services. We are open to serve you Monday through Friday from 8a.m.-4 p.m. Contact us at DSN: 466-2078/2080 or CIV: 09472-83-2078/2080.

Other services include:

- Central Enrollment Registry (CER)
- Babysitter Referral
- Deployment & Respite Services (Army Family Covenant)
- Family Child Care (FCC) Referral
- Parent Advisory Committee (PAC)
- Resource & Referral
- Youth Sports & SKIES Program Registrations
- Kids Club

CYS Services Registrations are Free!

CYS SERVICES & ACS TRAMPOLINE PARK PARTNERSHIP FIELD TRIP

February 20, 2009, CYS Services registered Families join us on an exciting field trip to Trampoline Park in Pentling (near Regensburg) for a fun-filled afternoon for the entire family. This is a family field trip. Parents are responsible for the supervision of their children. Transportation is provided by ACS. Register at the CLEOS office. Bus departs (ITC/ACS) Bldg. 10 at 3 p.m. and returns at approximately 8 p.m. This is a great opportunity for spouses with small children to get out and enjoy the afternoon.



HOHENFELS KIDS CLUB

The Kids Club meets every Thursday at the CYSS Annex Facility Bldg. 44, from 9:30-11:30 a.m. The club is open to parents with infants to kindergarten age children. All children must be CYSS/Kids Club registered. Parents and children participate in exciting gross motor play. Activities include climbing, crawling, manipulating obstacles and other fun activities. Parent Education classes are offered the first Thursday of each month. Come out and join the club every Thursday. Best of all, Kids Club is free!

HOHENFELS CYS SERVICES SPECIAL OPENINGS

Hohenfels CYSS alternates Special Openings each month between Parents Night Out (PNO) and Super Saturday (SS) services. PNO services are offered on Friday evenings from 6:30-10:30 p.m. SS services are offered Saturdays from 9 a.m.-3 p.m. These services provide parents an opportunity to catch a movie, dine out, shop or just enjoy downtime without the kids. PNO & SS services are available to CYSS registered children aged six weeks old through 6th grade. Spouses of deployed Soldiers and DOD civilians with Army Family Covenant Respite Care status may use their hours and receive services at no cost or pay the reduced (\$2) hourly care rate. The PNO and SS rates are as follows: CDC aged; \$16/\$24, and SAS aged; \$12/\$18. Services include lunch or snacks as appropriate. Reserve your slot in advance by making payments or reservations at the CLEOS office (Bldg. 10a) or contact us at CIV: 09472-83-2078/2080 for additional information.

The following special openings are as scheduled:

| | |
|-----|-------------|
| PNO | January 30 |
| SS | February 28 |
| PNO | March 20 |
| SS | April 25 |

HOHENFELS BABYSITTER REFERRAL SERVICES

Babysitters are Red Cross trained teens willing to provide childcare services during school-out days and weekends. Childcare services and rates are negotiable with provider, and include at home or in-quarters care. Referrals are available to anyone requiring babysitter services. Visit the Hohenfels CLEOS office for referral services or contact us for additional information.

HOHENFELS CYS SERVICES EMPLOYMENT OPPORTUNITIES

Hohenfels CYS Services is searching for qualified individuals with an interest in community service and teaching children to become instructors on a contract basis. Income is negotiable and based on class enrollment.

With SKIES unlimited the sky is the limit! Come share your talents with the wonderful children of the Hohenfels community. Contact CYS Services for additional information at CIV: 09472-83-4023/2080.





HOHENFELS FAMILY CHILD CARE PROGRAM

by Laurie Jackson, USAG Hohenfels FCC Admin

Arrmy Family Child Care or FCC is a great alternative to center-based care. FCC providers offer exceptional in-home experiences that center-based options just don't have. Children get one-on-one attention from one caregiver and build a special bond. FCC also provides mission essential extended hours care for our single and dual military Families. We are always eager to introduce new FCC homes to the community. If you would like to inquire about the amazing FCC Program the Hohenfels area has to offer, or if you're interested in becoming a part of our CYSS team as a FCC provider, please contact Central Registration at DSN: 466-2078 or CIV: 09472-83-2078.

HOHENFELS CHILD DEVELOPMENT CENTER

by Amelia Bayer, USAG Hohenfels Assistant CDC Director

If you are not already aware, the Hohenfels Child Development Center (CDC) is a part of Family, Morale, Welfare & Recreation (F&MWR). That means that we are here to serve the Families and Soldiers in the Hohenfels community. The CDC has a working partnership with numerous support agencies within the community. If you are interested in getting involved, we always welcome volunteers. There are an array of incentives we offer such as discounts for parent participation, multiple child reduction (MCR), respite care and deployment support services.

The Hohenfels Child Development Center Mission statement is: Hohenfels Child and Youth Services provides accredited, developmentally appropriate programs in a safe, healthy, nurturing environment for children and youth that fosters a pursuit of knowledge and life skills, therefore enabling our military and civilian parents the opportunity to fulfill their missions.

What does this mean for you? We offer developmental programs to meet the needs of children from 6 weeks to 5 years old. We also offer full-day, part-day programs and hourly care to meet our patrons childcare needs. We do not "babysit" children. You can be assured that when your child is in our care, we will create a learning environment for them to explore and engage in creative activities. We continually teach life skills that children routinely perform such as serving themselves during family style dining. We use the Creative Curriculum to ensure each child meets educational and developmental goals through individual and group lesson plans. We provide services for 6 a.m. to 6 p.m. daily. We are closed on weekends and federal holidays so that our military and civilian parents can fulfill their missions. To find out more or register for these and other CYS Services, contact our CLEOS office today. Thanks for making Hohenfels CYS Services your First Choice!

HOHENFELS YOUTH CENTER'S REOPENING CEREMONY

by Rena Mesch, Youth Center Staff

On October 24, 2008, the Hohenfels community celebrated the grand re-opening of the Hohenfels Youth Center, located at Bldg. 72. Child Youth and School Services (CYS Services) saw the need to enhance the facility in order to better serve our middle school and high school students by providing a safe and appropriate place for them to hang out, socialize, do homework, attend clubs and learn.

The facility now includes new game equipment, a music room with new instruments, a dance studio, an arts and crafts room and all new furnishings throughout the facility. All the rooms were designed to create specific activity areas. The facility is split into two recreation areas separating the middle school and high school youth. For general recreation, the high school students have a more mature lounge area to socialize in while the middle school students have a more vibrant and youthful area. A joint and centralized homework room and computer lab separates the middle school and high school sections. There is also a dance room that also acts as a conference room which will be used to meet for clubs and youth forums.

In addition to special activities and clubs that meet each week, the Youth Center is a safe and supervised place for youth to hang out. The Youth Center is supervised by dedicated and trained CYS Services employees.

USAG Hohenfels Commander, LTC Gary Bloomberg, spoke of the importance of a safe place for the youth and also how the new center will expand its ability to serve the community's youth. In addition, several youth praised the new facility. One student, Nick Dominguez, said the new center was "magical." The event was also attended by many CYS Services staff, volunteers, Family Members, community residents and Hohenfels Middle School and High School students, staff and parents.





HOHENFELS SAS CHILDREN FOCUS ON COMMUNITY SERVICE IN 2009

by Kristin Jacobs-Schmid, USAG Hohenfels SAS Director

The Hohenfels SAS children choose to focus on Community Service in 2009. They have set a goal to organize and implement at least one service project each quarter. The children will start the year with a long term “adoption project.” The school age children adopted a Veteran’s Ward in New Jersey. All of these American Veterans are in the same hospital ward and on ventilators. These special groups of Veterans have no immediate family to care for them. The children are learning about Veterans and what makes them extraordinary. In addition, the children have also discovered some exciting facts about New Jersey. The children are creating gifts and writing letters to the Veterans and will be anxiously waiting to hear back from their adopted friends.

The next endeavors will be much closer to home. The SAS children want to express their gratitude to the Pond’s Guards and the Transportation Motor Pool. They will create packages and fill with crafts and candy. The children are ecstatic to distribute their creations and convey their appreciation to the hard working folks who contribute to our program in so many ways.

The children are eager to discover the new ways to serve in their community. Through these experiences they recognize the relationship between service, empowerment and positive change. They learn to create a difference in their community. The educa-

tional practice of this all important life skill has been the catalyst for some wonderful conversations between our SAS children. We at Hohenfels SAS are thrilled to offer these service partnership programs. It allows the children of USAG Hohenfels a seamless system to spend time together and create a positive difference in the world in which they live.





FAMILIES BENEFIT FROM CHILD CARE THROUGH THE ARMY FAMILY COVENANT INITIATIVE.

by Anita Payne-Landgraf, CYSS Chief

On 5 November, 2007, USAG Grafenwoehr leaders and Families gathered for the signing of the Army Family Covenant. The Covenant is the Army's promise to improve the quality of life for Army Families. Since that day, Families with deployed Soldiers, Rear Detachment, and WTU Families have benefited from expanded child and youth programs and services as well as discounts on many of our programs.

"Army Leadership is trying to alleviate Family stress during long deployments. In Child, Youth and School Services (CYSS), that involves reducing the cost of child care and youth programs and providing expanded services for Families," said David Lehfeld, CYSS Deployment Specialist. The idea is to encourage parents to get out of the house and take a break from responsibilities while giving the children a chance to play with others and experience new activities. The Army Family Covenant (AFC) Initiative provides discounts and free care depending on the "Mission Level" of the Soldier (see chart on page XXX).

Currently, expanded services and special events for Families impacted by deployment include Friday night openings for children from 6 weeks-12 years; bimonthly Saturday CDC/SAS openings; CYSS Days at Mega Play (indoor playground in Grafenwoehr) with free admission (participation limited due to Mega Play's fire code) and Tone With Tots (parent fitness with on-site childcare). Families who qualify receive reduced full and part-day childcare fees; free instructional (SKIES) programs and free Youth Sports and Fitness programs. CYSS provides free respite care during the deployment cycle. The number of free hours is dependent on the Mission Level of the Soldier (see chart on page XXX). The respite hours can be used in CYSS hourly programs, Family Child Care Homes, or any of our special/extended childcare openings. All CYSS Army Family Covenant benefits are available to Families 30 days before deployment and 60 days after redeployment.

While the special openings, extended care hours and

special events are only open to Families directly impacted by deployment, all military Families benefit from other initiatives in the CYSS Army Family Covenant. The AFC allows free registration for all military children (normally \$18 per child or \$40 per family). All Families can use the free FRG childcare offered on the second Tuesday evening of each month, as well as free care for Memorial Services.

Improvements under the AFC Initiative benefit all Military Families. One example is the Pre-Kindergarten Readiness Program, "Strong Beginnings" currently operating at Netzaberg CDC and are scheduled to open soon at the Rose Barracks Child Development Center. Strong Beginnings focuses on pre-reading and pre-writing skills and is designed to prepare children for success in kindergarten and beyond. The Strong Beginnings classrooms are equipped with computers and a variety of science, math and literacy activities. The intent of the program is to relieve some of the stress that parents feel as they help their children get ready for school. Improvements in our SAS and Youth Center Technology labs are another benefit to all Families. Youth enrolled with CYSS have access to state of the art photography, video, music and communication technology, making connecting with Family members downrange easy and fun.

To check if your family is eligible for the extended care, discounts, and special events described in this article, refer to the chart on the next page. Parents in Mission Level I, II, III, WTUs and Fallen Warriors categories are eligible for CYSS special deployment programs such as Tone with Tots, Mega Play Days and Friday evening and Saturday special openings.

To take advantage of the Army Family Covenant CYSS initiatives, parents should contact a CYSS CER office in Grafenwoehr at DSN: 475-6656 or CIV: 09641-83-6656 or in Rose Barracks at DSN: 476-2760 or CIV: 09662-83-2760 for registration information and a list of programs and services

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Deployment Support Eligibility for Army Family Covenant CYS Programs and Services

| ELIGIBILITY CRITERIA | | CYS Registration Fees | Hourly Mandatory GWOT Activity Care | Hourly ACS FRG Care | Hourly Respite Care #1 | Hourly Respite Care #2 | Hourly Respite Care #3 | Hourly Fee Reduction | Hourly Appointment Care | Hourly Memorial Care | Hourly Bereavement Respite Care | Full/Part Day Fee Reduction | Full/Part Day Cat 1 Rates (AW2/WT) | SKIES Classes | Sports Activities |
|----------------------|--|-----------------------|-------------------------------------|---------------------|------------------------|------------------------|------------------------|----------------------|-------------------------|----------------------|---------------------------------|-----------------------------|------------------------------------|---|--|
| MISSION LEVEL 1 | Deployed | | X | X | X | | | X | | | | X | | Up to 4 Free SKIES Classes Per Child/Youth (NTE to 8 Weeks Per Class) | Up to 2 Free CYS Team or Individual Sports Per Child/Youth |
| | Temporary Change of Station (TCS) | | X | X | | X | | X | | | | | | Up to 2 Free SKIES Classes Per Child/Youth (NTE 8 Weeks Per Class) | X |
| MISSION LEVEL 2 | Permanent Change of Station (PCS) Unaccompanied Tour | | X | X | X | X | | X | | | | | | X | X |
| | TDY (90-179 Days) | | X | X | X | X | | X | | | | | | X | X |
| MISSION LEVEL 3 | Rear Detachment Cadre (as Identified on Rear Detachment / Personnel Availability Report) | | X | X | | | X | X | | | | | | X | X |
| WOUNDED WARRIORS | Army Wounded Warriors (AW2) | | X | X | | X | | X | X | | | | X | | X |
| | Warriors In Transition (WT) | | X | X | | X | | X | X | | | | X | | X |
| FALLEN WARRIORS | Families of Fallen Warriors | | | | | X | | X | | | X | | | X | X |
| ALL PATRONS | All CYS Patrons (and, for Memorial Care, All Attendees) | X | | | | | | | | X | | | | | |



NETZABERG YOUTH CENTER EVENTS

Bldg. 9080

DSN: 475-7441

Open to all registered youth grades 6-12

Operating Hours: Monday to Thursday 2:45-8 p.m.

Friday 2:45-9 p.m.

Saturday 1-9 p.m.

Closed on US Holidays

SPECIAL EVENTS

| | |
|-------------|--|
| January 15 | Martin Luther King's Contribution to the World |
| February 26 | Black History Month Celebration |
| February 13 | Valentine Teen Dance 5:30-8:30 p.m. |
| March 26 | Women's History Month Celebration |

ONGOING PROGRAM ACTIVITIES AT THE YOUTH CENTER

All Program Activities start at 3:30 p.m.

4-H Education: Job opportunities, quizzes, puzzles, riddles, fliers, newsletters and more (Third Fri of the month)

4-H Fishing: Fishing at the lakes, ice fishing, lake area clean up, meetings (Last Fri of the month)

4-H Garden Club: Planting, watering, growing, visit to flower shops and more (Second Fri of the month)

4-H Meeting: Planning, council, community projects and more (First Fri of the month)

Arts and Crafts: Pencil and cartoon drawing, color art, holiday crafts, and working with beads (Every Tues and Thurs)

Birthday Party: Monthly celebration (Last Tues of the month)

Boys Talk: Boys discussions and activities (Second Thurs of the month)

Character Counts: The six pillars of character (Last Thurs of the month)

Club Tech/Robotics: Learn to make your own webpage, basic understanding of robotics and much more (First and third Tues and every Fri)

Cooking Club: Ethnic food celebrations, classes, daily snack, special events, and holiday baking (Every Mon)

Crochet Club: Basic stitches, pot holders, blankets and more (Every Wed)

Cultural Celebration: Ethnic history month celebrations, holidays, countries and more (Every month)

Health/Nutrition: Nutrition classes, health information, healthy eating and more (Every other Mon with Cooking Club)

Keystone Club: Leadership club, grades 9-12, Community Service projects, planning and more (Second and fourth Fri of the month)

Parent/Youth Activities: All parents are invited

Photography: Photo classes, photo taking, photo art, digital photos and photo contest (every Mon)

Recreation: Board games, electronic games, video and popcorn, music and more (Available everyday)

Smart Girls: Girls discussions and activities (First and fourth Thurs of the month)

Smart Moves: Teen awareness discussions, guest speakers and video material (First Thurs of the month)

Sports & Fitness: Basketball, skate-boarding, bowling, racquetball, snow-boarding (An activity is offered every day)

Torch Club: A leadership club for grades 6-8 focused on planning community service projects (First and third Wed of the month)

Homework & Computer Lab: Open Monday through Saturday from 3-8 p.m.

YOUTH CENTER EQUIPMENT

Air Hockey Table

Basketball

Board Games

Books

DVDs

E-Games

Fishing rods

Foosball

Guitar Hero

Movies

Music CDs

Music Instruments

Nintendo 64

Ping Pong

Pool Tables

PS2

PS3

Skateboards

TVs

Wii

Xbox 360

YOUTH CENTER ACTIVITY AREAS

Arts and Crafts Room

Basketball hoops

Café Area

Computer Room

Game Room

Homework Room

Kitchen

Lockers available

Multi-Purpose Room

Music Room

Outside picnic area

SKIES Instructional Room

Teen Room



NEW SPECIAL INTEREST CLUBS AT ROSE BARRACKS SAS

by Amanda Guitreau, CYS Services Staff
Photos By: CYSS Staff

The Rose Barracks School Age Services (SAS) program provides opportunities for children to participate in various special interest clubs. These clubs are held every week on the same day. At least one special interest club is offered each day of the week during our 4-5 p.m. teacher-initiated activity hour. New clubs start January 19th and run until May 29th.

The Woodworking Club with **Mr. Tony** meets each Monday. This club consists of a small group of older children who learn about woodworking and basic tool safety. One of the projects that they will do is to build a bookcase that they will get to show off in the facility.



MRS. MELISSA

Every Tuesday **Mrs. Belgica** offers a Creative Activities Club. This club is open to anyone who wants to hone their creative capabilities while doing arts and crafts. They will get to make jewelry and other creative projects.

We offer a Cooking Club with **Mrs. Melissa** on Mondays. The children learn how to use basic cooking utensils and to put together recipes. They also learn to use and understanding proper measurements and ingredients. Once they're done, the kids get to enjoy eating healthy snacks.



MRS. BELGICA

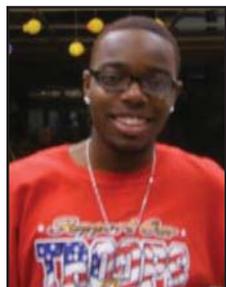
The Computer Club with **Mrs. Jen** meets every Tuesday. It provides a creative learning environment where the children are able to explore their own ideas, develop computer skills, and build confidence in the use of technology.



MRS. JEN

On Wednesdays, **Mr. Chris** and **Mr. Mickey** run a Basketball Club for all those children who want to improve and sharpen their basketball skills or just simply want to learn a new sport. The focus will be on skill development and sportsmanship.

Also on Wednesdays is a club only for 3rd to 5th grade girls called Girl Talk. It is very popular. Parents must sign a consent form before participating. This is very similar to the Smart Girls club that is offered in our Youth Centers, but adapted



MR. CHRIS



MR. MICKEY

for younger girls. The main goals of the club are to build self esteem, learn how to communicate more effectively, and to learn how to handle issues such as peer pressure and puberty. Girls participate in fun activities that encourage them to make new friends and enjoy each other.

Mrs. Amanda is the Advisor of this club and is really excited about working with SAS girls on these topics.



MRS. AMANDA

The Newsletter Club is an ongoing club that meets every Thursday with **Mrs. Jen**. During the meetings, the children put together a monthly newsletter that contains short articles, jokes, SAS information, and photos. There are special sections such as the Editor's Survey, the Food Critic Corner, and SAS Birthdays. Every child that participates helps layout, edit, take photos, interview and write articles. The SAS Gazette will be available the last Thursday of every month.

Fridays, **Mrs. Kelly** and **Mrs. Kendrae** work with the Older Kids' Group (OKG) which is for 4th and 5th graders only.

In OKG, the children learn about what it takes to be a leader, mentor and role model to the younger kids in SAS. They participate in community projects like finding ways to keep our post and facility clean.



MRS. KENDRAE

The kids go to the Child Development Center where they mentor kindergarteners and preschoolers. The 5th graders will be preparing to transition from SAS to the Youth Center. To make their transition next school year more smooth, the kids will visit the Youth Center. They will meet the teachers and kids, familiarize themselves with daily operations Youth Center and begin making friends.



MRS. KELLY

The SAS Staff are all very excited about the new 2009 clubs and hope that the all children find something to participate in. Initially, children will be able to sign up for one activity. Once everyone has had the opportunity to sign up for a club, children may be able to sign up for a second club if there are any additional spaces in a particular activity.

SAS would like all of the kids to take part in the new special interest clubs. Parents, please talk to your children to find out which clubs they want to be in. Sign-up sheets will be at the Rose Barracks SAS front desk starting in January.

For more information on these clubs, call the Rose Barracks SAS at DSN: 476-2556 or CIV: 09662-83-2556. If you are located in another community, feel free to call your local SAS to see what clubs they offer.



HOW PARENTS CAN HELP CHILDREN DEVELOP LITERACY

by Terraketa Rumpson, USAG Grafenwoehr CYs Services

Literacy is one of the basic foundations of education that children and adults use throughout life. The more time parents spend talking, reading and writing with their child the more the child will develop an interest in conversation and reading books.

What is Literacy? Literacy is the capacity to construct and express meaning through reading, writing and talking. Literacy is developmental; following predictable stages from infancy through adolescence. Studies show that home factors and family literacy experience exert a powerful influence on children's success in school (Hannon 123;Neuman 34).

What can parents do to help preschool children develop literacy? The single most important activity is to read aloud to children. Reading aloud gives children knowledge which helps them make sense of what they see, hear and read. The more parents read aloud to children, the



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- Build a long-lasting, portable career
- Enjoy opportunities for professional growth
- Earn monetary subsidies linked to types of care offered
- Receive constant support from Child & Youth Services

Call the FCC director, **Anjanette Franklin**, for more info about becoming a FCC provider in the USAG Grafenwoehr area.

DSN: 476-2783
CIV: 09662-83-2783

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larger their vocabularies grow and the more they know about the world and their place in it.

Reading aloud lets parents be role models for reading. When children see mom or dad excited about reading, they will catch their enthusiasm. Reading aloud introduces the language of books which differs from language heard in daily conversations, on television and in movies. Book language is more descriptive and uses more formal grammatical structures. Reading aloud lets children use their imaginations to explore people, places, times and events beyond their

own experiences. To get started with some reading basics, try these ideas. Introduce the book by reading the title, author, and illustrator. Look at the cover and talk about what the book might be about, suggest things to look and listen for. Stop to ask questions to stimulate thinking such as, "What might happen next? Where did he go? Why so you think she did that?" These types of questions are open-ended to allow the child to think about a response rather than simply answer "yes" or "no".

The second aspect of literacy is writing. Most children are introduced to letters at home through the alphabet song. Learning the alphabet song helps children learn the names and sequence of letters. But this is not enough to help children understand what letters really represent.

Writing is important in developing letter recognition and letter-sound correspondence. Copying print and using imaginary words reinforces children's ability to recognize letters and the sounds they make. Allowing children to play with letters and letter formation will help them create new words and sounds that they normally would not find together. Children retain more when they are actively involved with the things they are trying to understand. The more children are exposed to writing the more they will learn to recognize the letter sounds and begin to



understand that books and other forms of print have a purpose.

To introduce writing at home, try these ideas. Visit the local library or book store and talk about the different type of books. Together with your child, write a simple story using the child's name or list things you saw on a walk, on a shopping trip, etc. Play simple word games like, "I spy" using letters you see in the child's environment. Give your child opportunities to write letters. Don't expect perfection, and remember that writing skills are developmental. These activities will enhance the child's vocabulary and give them a better understanding of letter and sound recognition. No matter how skilled in letter knowledge and phonological awareness, young children need to understand the connection



between print and meaning. Reading and writing with your child will help to develop that understanding.

Remember that young children need writing to help them learn about reading, they need reading to help them learn about writing, and they need parents to help them learn about both. Not all teachers are parents, but all parents are teachers. (Bennet, WJ.)

Work Cited:

Hannon, Peter. "How Can We Foster Children's Early Literacy Development Through Parent Involvement?" *Children Achieving: Best Practices in Early Literacy*, eds, Susan Neuman and Kathleen Roskos, 121-43.

Bennet, WJ. *First Lesson: A Report on Elementary Education in American*. Diane Publishing 1996.

CYS SERVICES YOUTH SPORTS LOOKING AHEAD TO THE FUTURE

by USAG Grafenwoehr CYS Services Youth Sports & Fitness Staff

WINTER SPORTS

As the calendar rolls over to 2009, the USAG Grafenwoehr CYS Services Youth Sports & Fitness staff is busy running the standard sports programs that are typical with the winter season while expanding opportunities for all youth throughout the garrison. There are over 450 youth between the ages of 3 and 15 participating in the winter sports season, featuring basketball and cheerleading.

Wrestling, offered for the second year is sporting a team of about 50 wrestlers, an increase of over 200% from last year's roster! With all of the youth participating, the need for volunteer coaches was extremely high. We would like to thank all of the volunteer coaches that have made this season possible. The wrestling season will wrap up for most youth the first week of March.

SKIING & SNOWBOARDING

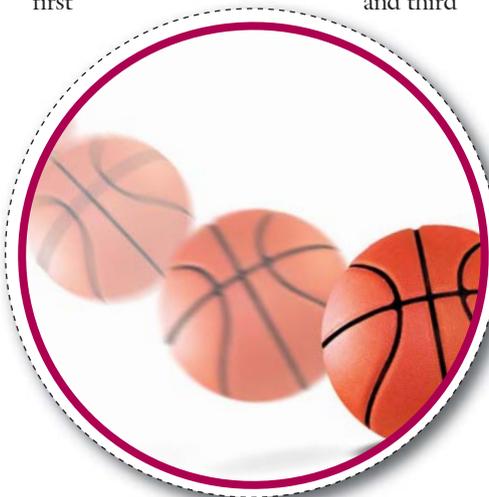
Winter sports do not all happen indoors. Opportunities for area youth to hit the slopes for skiing or snowboarding will soon dot the calendars in the months of January and February. No specific details have been finalized at the time of writing, but stay tuned as dates, times and locations for youth ski and snowboard events will be posted.

COMING SOON: YOUTH BOWLING

USAG Grafenwoehr Youth Sports will partner with local bowling centers to begin offering youth bowling leagues in 2009. Updated details will be available once the start of league play draws near.

HOME SCHOOL PHYSICAL ACTIVITY

Home-schooled youth in the garrison will now have an opportunity to add physical education to their curriculum as the CYS Services School Liaison and Youth Sports & Fitness offices are partnering to offer Physical Activity. This section of the Home School Program runs every first and third



Thursday each month from 1-2:45 p.m. at the Netzberg Youth Center. The program will incorporate the Boys and Girls Clubs of America's "Triple Play" curriculum, offering indoor soccer, basketball, "invent a sport" and much more.

BEFORE SCHOOL RECREATION

Beginning January, students at the Netzberg Middle School and the Vilseck High School will have an opportunity to arrive at school a little early and get their day started off right with a healthy mixture of fun and exercise. The Before School Recreation program will run every Monday and Wednesday morning at the Netzberg Middle School and Tuesday and Thursday at the Vilseck High School from approximately 7-8 a.m. Activities will be student choice based on available resources.

SPRING SPORTS REGISTRATION

Registration for Spring Sports (T-Ball, Baseball, Softball, Spring Soccer) will open on February 2. While the registration period will stay open until March 13, don't delay in signing kids up as rosters fill fast. March 16-19 is our targeted time frame for getting the skills assessments and everything else taken care of so we can get the season rolling, but this is always dependant on the unpredictable Bavarian weather.

These programs rely on volunteer coaches to be successful.

If you are interested in coaching during the spring sports season or have any questions about Youth Sports, please call DSN: 475-4037 or stop by either CYS Services Central Registration office in Grafenwoehr or Rose Barracks to pick up an application.



GRAFENWOEHR BOWLING CENTER EVENTS

JANUARY TO MARCH 2009

The Graf Bowling Center offers fun for everyone! Come enjoy cosmic bowling every Saturday starting at 7 p.m. If you get the urge to bowl during the week, stop by the Graf Bowling Center on Wednesdays at 7 p.m. for Red Pin Bowling. Get a strike on a number one red pin and receive a free game! Also, Families of deployed Soldiers are eligible for the special Deployment Bowling Discount on Wednesdays starting at 11 a.m.

LEAGUES

Trio Leagues on Monday and Friday nights at 7 p.m.
Youth League Saturday at 10 a.m.

JANUARY TOURNAMENTS

- January 5** Monday Nite League start-up 7 p.m.
- January 9** Friday Nite Trio League start-up 7 p.m.
- January 10** Young League sign-up 11 a.m.-1 p.m.
- January 17** Martin Luther King, Jr. 9 Pin No Tap
Time: 11 a.m. Entry fee: \$20 Payout: 3:1 ratio
- January 25** Grafenwoehr Bowling Center King of the Hill
Time: 11 a.m. Entry fee: \$40

Scratch event open to all bowlers. Bowl six games, field cuts to 50%; bowl two more games, scores carry over, top five bowl pro style stepladder.

FEBRUARY TOURNAMENTS

- February 14** Valentine's Day Special Tournament 40
Frame Game
Time: multiple start times
Entry fee: \$20
Payout: based on number of entries
- February 22** Grafenwoehr Bowling Center King of the Hill
Time: 11 a.m.
Entry fee: \$40

Scratch event open to all bowlers. Bowl six games, field cuts to 50%; bowl two more games, scores carry over, top five bowl pro style stepladder.

MARCH TOURNAMENTS

- March 14** Grafenwoehr Unit Level Championship Men/Women/Mix, will advance to IMCOM-E
Championship
Time: 11 a.m.
- March 29** Grafenwoehr Bowling Center King of the Hill
Time: 11 a.m.
Entry fee: \$40

Scratch event open to all bowlers. Bowl six games, field cuts to 50%; bowl two more games, scores carry over, top five bowl pro style stepladder.

ROSE BARRACKS BOWLING CENTER TOURNAMENTS

BOWL LIKE A KID TOURNAMENT, January 10
Time: 11 a.m. - Entry fee: \$15

Ever wonder what it would be like to be a kid again? We call out all the pros from all over to play for the lowest score to win, but you must hit at least one pin each ball thrown, if you miss pins on the first ball, it counts as a strike if you miss on the second ball it counts as a spare. The perfect game would be 20.

COSMIC 40 FRAME GAME,
January 24

Time: 6 p.m. - Entry fee: \$25

Bowl four games with twists and turns. Come enjoy the fun with the Rose Barracks staff. Top three scores will be paid out.

LIKE FATHER LIKE SON TOURNAMENT,
February 7

Time: 11 a.m. - Entry fee: \$15

Scotch Double tournament

for fathers and sons of our community. With the daily hassles and struggles, we aren't able to spend the time with our children that we would like to. Here is the chance for fathers to bring your sons out to enjoy a few hours of quality time together.

SCOTCH DOUBLES VALENTINE'S DAY TOURNAMENT, February 14

Time: 11 a.m.-10 p.m. - Entry fee: \$10

Couples will bowl alternately to score the highest score. Female will throw first ball and the Male will have to pick up the rest. If a strike is thrown, the next person will start next frame. You may enter as many times as you wish. Payouts will be at 10:30 p.m. Payouts will be to the top three teams.

9 PIN NO TAP, March 7

Entry fee: \$20

Bowl a nine and receive a strike. Top three Scores will be paid out.

WE DARE YOU TO BOWL TOURNAMENT, March 21

Time: 4 p.m. - Entry fee: \$25

A challenging tournament for everyone! In this tournament we dare you to be brave not good. Bowlers will receive a set of cards with instructions for certain frames explaining the rules. If you refuse to be brave when your time comes your frame will be disqualified and you will receive zero points. Are you brave enough? Come and join the fun or join come and watch the Brave with the Rose Barracks Bowling Staff.



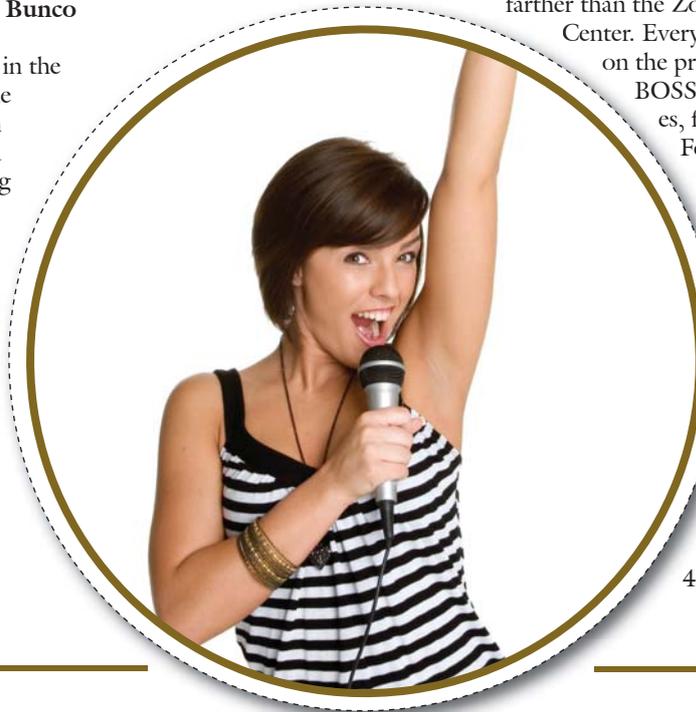


LANGENBRUCK CENTER EVENTS

THEMED BUNCO EVENTS

January 21 Winter Wonderland Bunco
 February 11 Valentine's Bunco
 March 18 St. Patrick's Bunco

All Bunco game nights are held in the Langenbruck Center at the Zone Sports Bar. The game lasts from 6-10 p.m. Food, fun, prizes and friendly company will be waiting for you at each themed event. There are only 64 seats, Pre-register in advance as spots fill fast. Childcare is available. Please contact Rose Barracks Child, Youth and School Services for more information at DSN: 476-2760 or DSN: 476-3545. For more info and to sign up, call the Langenbruck Center at DSN: 476-2360 or CIV: 09662-83-2360.



SUPER BOWL PARTY

February 1
 Are you looking for a place to watch the Big Game? Look no farther than the Zone Sports Bar in the Langenbruck Center. Everyone is welcome to watch the game on the projector and huge pull-down screen. BOSS members will be on hand with prizes, food and lots of karaoke for everyone. For more info, call the Langenbruck Center at DSN: 476-2360.

KARAOKE NIGHT

January 16
 February 13
 March 13
 9 p.m.-1 a.m.
 If you have been dying to sing your heart out, we have the venue for you. Songs range from adult contemporary to old school to R&B and everything else in between. For more info, call the Langenbruck Center at DSN: 476-2360.

King of the HILL

USAG Grafenwoehr Bowling

It's Back!

Your Chance to win \$1000!

Tournaments are held the last Sunday of Every month at the Grafenwoehr Bowling Center.

For more details call DSN: 475-6177 or CIV: 09641-83-6177.

Brunswick

No federal endorsement of sponsor implied

ITR OVERNIGHT TRIPS

PARIS, FRANCE TRIP

January 15-19, 2009

Cost: \$489 per adult in a double room

Cost: \$379 per child (3-11)

Recommended children ages for this trip 8 years old and above.

Passport required for soldiers and civilians.

Paris, the city by the Seine River, is known for many things and not to be missed is the Eiffel Tower, The Louvre museum, the famous Champs-Elysees shopping street, the Notre Dame cathedral, the famous monument to freedom the Arc de Triumph and Versailles the palace for queens and kings. Trip includes: 4 days and 3 nights, Three buffet breakfasts, 6-hour sightseeing tour of Paris, Eiffel Tower level 2.



BRUSSELS AND BRUGGE, BELGIUM

February 12-16, 2009

Cost: \$479 per adult in a double room

Cost: \$369 per child (3-12)

Passports are required for soldiers and civilians.

Itinerary is subject to change.

Trip Price Includes: three buffet breakfasts, three nights hotel accommodations, Brussels tour, Brugge tour, guided tour with fees chocolate shop Duval.

Bruges is called: 'the Venice of the North'.

This medieval city is one of Belgium's crown jewels.

After traveling through the night we stop for breakfast in Brussels. Our city tour of Brussels will take us through the highlights of the medieval part and modern part. As the headquarters to the EU (European Union) and NATO it is often referred to as The Capital of Europe. It is an international metropolis – a mosaic of languages, cultures, and traditions. Brussels also has over 80 museums. Go shopping in the distinctive fashion boutiques, lingering over a delicious lunch in a bistro or a top restaurant, people watching from a street cafe, or pick up a unique antique on the Sablon.

SALZBURG, AUSTRIA

March 13-15, 2009

Cost: \$329 per adult in a double room

Cost: \$229 per child (3-12)

Cost: \$409 per person in a single room

Children under than 3 are free.

Passports are required for soldiers and civilians. Itinerary is subject to change.

Trip Includes: two buffet breakfasts, two nights hotel stay, a Sound of Music tour and a visit to Hellbrunn Castle

The city of Salzburg is the birthplaces of Mozart and is considered a gem in the heart of Europe. Salzburg enchants millions

of visitors every year with its castles and Sound of music tour, the Salzburg music and opera festival. Sights not be missed in the city include: The Hohensalzburg fortress cable railway, Mozart's birthplace, Mozart Residence, toy museum and musical instruments, The Salzburg Zoo, Salzach boat cruises, Mozart dinner concerts, Mirabell Palace and Gardens, Mozart Square, Salzburg's famous Marionette Theater, Salzburg's Cathedral and Hellbrunn Palace.

BARCELONA, COSTA DEL SOL, GRANADA AND SEVILLE, SPAIN & AVIGNON, FRANCE

April 3-12, 2009

Cost: \$1,249 per adult in a double room

Cost: \$999 per child 3-12

Children under than 3 are free.

This trip is not recommended for children less than 8 years old.

Itinerary is subject to change.

Passport required for civilians and soldiers.

Trip includes: Round trip bus transportation, seven night's hotel accommodation with breakfast and dinner, two hour Granada city tour, two hour exploration of Granada's (Gypsy area) Albaicin quarter, three hour Seville city tour, two hour Avignon city tour, the Alhambra Palace, Valencia City of the Arts and Sciences museum complex, and an Avignon two hour city tour.

Spain is a country with diverse regions, There truly is something for everyone, with its small medieval towns, beaches, seaside villages and sophisticated cities featuring some of the best food, wines, architecture (both old and new), art, history, natural beauty and shopping.

Day 1: Friday night: departure from Rose Barracks and Grafenwoehr

Day 2: Saturday- Barcelona at your leisure

Day 3: Sunday- Alicante

Day 4: Monday-Granada tour and entrance to the Alhambra palace

Day 5: Tuesday- Granada/ walk through Albaicin quarter

Day 6: Wednesday- Granada- (day trip to Seville with 3 hour tour)

Day 7: Thursday- Granada- Valencia

Day 8: Friday- Valencia- Costa Brava/ Tossa de Mar

Day 9: Saturday- Tossa de Mar- Avignon, France with 2 hour city tour

Day 10: Sunday noon (time is approximate) arrival in Grafenwoehr and Rose Barracks.

Please sign up at ODR. Grafenwoehr ODR DSN: 475-7402 or CIV: 09641-83-7402 and Rose Barracks ODR DSN: 476-2563 or CIV: 09662-83-2563.

EURO-DISNEY AND PARIS TRIP

April 6-9, 2009

3 days and 2 nights

Sign up by: March 3, 2009

Departure from Vilseck 9:00 p.m. and Graf 9:30 p.m.

Price per adult \$499.00 in a double room

Price per child 3-11: \$239.00

Children less than 3 are free!

Single room price: \$679.00

Passport required for civilians and soldiers

Trip price includes:

2 night's hotel accommodation

2 x Buffet Breakfasts

1 Disney Park hopper ticket and Paris city tour.

Disneyland Paris is the number one family-vacation destination in France, where you'll see: Main Street, U.S.A., Frontierland, Adventureland, Fantasyland, Discoveryland, the entertainment center at Village Disney and Sleeping Beauty Castle.

MOSEL WINE AND MEDIEVAL CASTLES

May 1-3, 2009

3 days and 2 nights

Sign up by: April 1, 2009

Departure from Vilseck 03:00 and Graf 03:30. Recommended age for this trip is 8 years old.

Price per adult \$379.00 in a double room

Single room price: \$449.00

Children 3-12 years: \$289.00

Children less than 3: free!

Trip price includes: 2 night's hotel accommodation, 2 Buffet Breakfasts and 2 buffet dinners, Wine tasting, Wine tour through vineyards, Live music night with dancing and Burg Eltz Medieval Castle

The Mosel with its peaceful, sleepy, villages wanders between steep vineyards, medieval castles and Roman, Celtic and Frankish ruins. Our wine visit

will be between Cochem and Koblenz. The Mosel Valley offers scenic towns, forests, and wineries to explore and enjoy. Koblenz is situated on the banks of the Mosel River.

CINQUE TERRE, PISA AND LUCCA, ITALY

May 21-25, 2009

4 days and 3 nights

Adults cost: \$559.00 per person in double room. Children 3-12 cost: \$489.00

Children 3 and below are free!

Single room: \$669.00

Departure from Vilseck: 7:00 p.m. and Graf 7:30 p.m.

Passports required for soldiers and civilians

Sign up by date: April 17, 2009

Trip price includes: 3 night's hotel accommodations, 3 dinners and 3 breakfasts, Half day tour of Pisa, Day tour of Cinque Terre Entrance to Via dell'Amore, Boat trip on the Cinque Terre, Train ticket through the 5 towns of the Cinque Terre, Day tour to include the towns of Genoa, Rapallo and Portofino, Boat trip from Rapallo-Portofino-Rapallo

The Cinque Terre, are five small villages on the "Costa Ligure of Levante". The villages from north to south are: Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore. Since 1926, the Cinque Terre towns have been part of the province of La Spezia. Our guided tour begins in LaSpezia and then by train to the town of Riomaggiore. From Riomaggiore we travel a short distance for our easy hike through the Via dell'Amore. This walking path is full of amazing scenery, which connects the five villages of Cinque Terre.

AMSTERDAM, HAARLEM AND NOORDWIJK BEACH RESORT

June 4-7 2009

3 days and 2 nights

Passport required for soldiers and civilians

Recommended children ages for this trip 8 years old.

Price per adult \$499.00 in a double room

Price per child 3-12: \$299.00

Children less than 3 are free!

Departure from Vilseck: 9:00 p.m. and Graf 9:30 p.m.

Trip price includes: 2 Buffet breakfasts, Hotel Accommodations, Amsterdam city tour, Orientation tour of Haarlem, Wooden Dutch shoe shop, Cheese farm, Diamond factory visit and a Windmill visit.

Amsterdam's historic center recalls the city's Golden Age. Rich merchants built gabled residences along neatly laid canals. At night, more than 1,200 bridges spanning 160 canals are lined with tiny lights, giving them a fairy-tale appearance. To discover Amsterdam's charm comes by walking, and visiting offbeat stores and attractions. It's pos-

sible to see almost every important tourist sight on a 4-hour walk. Below are a few major squares in central Amsterdam that will be the hub of your visit: The Dam is the city's heart and the site of the original dam across the Amstel River that gave the city its name. Encircling the square are the Royal Palace, the Nieuwe Kerk, and several department stores, hotels, and restaurants. On the square is the National Monument of World War II. Rembrandtplein is another square that has many restaurants. Museumplein is the main cultural center, with the Rijksmuseum, Concertgebouw, van Gogh Museum, and Stedelijk Museum in close proximity. A visit to Amsterdam is not complete without a visit to the Anne Frank House.

ROME AND SICILY, ITALY

June 13-22, 2009

10 days and 8 nights

Cost per adult in a double room:

\$1,199.00

Children 2-12 cost: \$ 999.00

Children 0-2: \$379.00

Single room cost: \$1,459.00

Sign up by: May 13, 2009

Passport is required for soldiers and civilians

Itinerary is subject to change.

Trip Price Includes: 1 ½ days in Rome, 5 nights in Sicily, 2 nights on cruise ferry 9 Breakfasts and 8 dinners, Rome city tour Full day tour of Mt. Etna & Taormina Half day tours of Palermo and Monreale, and the famous medieval Monreale Cathedral. Wine and olive tasting, Lemon farm visit Agrigento famous temple ruins Ferry from Civitavecchia- Palermo Ferry from Palermo-Civitavecchia.

Optional: 4x4 Jeep ascend from 6,233 feet to 8,530 feet on Mt. Etna. There are no children discounts on this 4 x4 jeep tour. Highlights of the jeep tour include the eruptive fracture of the 2002 Mt. Etna eruption with vents and lava field and the Piano Provenzane and its

destroyed tourist facilities. Explore some of Mt. Etna's caves and the "Valle del Bove" Caldera's rim with some hiking included. Sicily, the largest island in the Mediterranean has some of Italy's most beautiful scenery. Sicily has history, wine, shopping, beaches, Churches, ancient ruins, museums, exotic fruit, vegetable and seafood markets, architecture, culture, food, and volcanos. Letojanni lies about 5 km north of Taormina above the coastal beach with a swimming pool and a fantastic view over the Mediterranean Sea and Mt. Etna.

CRACOW, POLAND

June 26-28, 2009

Departure Vilseck: 8:30 p.m. and Graf:

9:00 p.m.

Trip is not recommended for children less than 10

Passport required for soldiers and civilians

2 days and 1 night

Highlights:

1 night hotel accommodation

1 buffet breakfast

Cracow city tour

Wawel Castle tour

Auschwitz concentration camp visit with audio guide

Cracow is one of Poland's largest and oldest cities and is filled with sightseeing attractions. Included in the tour price is a tour of Wawel Castle. The main market square is located within walking distance from our hotel located in the city center.

On a more somber note we plan a visit to Auschwitz concentration camp to remember and commemorate past victims of the Holocaust. Free time will be provided for souvenir shopping and sightseeing.

ST. PETERSBURG, RUSSIA:

August 10-18, 2009

9 days and 8 nights

Sign up by date: June 12, 2009

Payment method: Euros

Passport required for soldiers and civilians.

Call ODR about other requirements.

Recommended age for this trip is 10 years old.

Trip Price Includes: Two bed cabins standard inside on ship; Cabin with 4 beds in ship available at no extra charge; Four nights in St. Petersburg; Four nights on Ferry; Eight breakfasts and eight dinners; City tours in Helsinki, Finland and St. Petersburg, Russia; Peterhof Palace guided tour; Hermitage museum tour; Folklore evening with dinner and cruise; St. Petersburg registration taxes; Visa fees included; Group medical insurance included. Optional: Pawlowsk Palace (30 kilometers from St. Petersburg-village of the Czars) and Tour of Pushkin with famous precious stone room. Not included in the tour price: Lunch & drinks, trip cancellation insurance.



WINTER ITR DAYTRIPS

PRAGUE, CZECH

January 4
February 1
March 1

See the city featured in recent movies, including "Mission Impossible." The two hour city tour will show you the Charles Bridge, the Astronomical Clock and many more famous sights. Find out why Prague is known as the "Jewel of Europe." Each participant must bring their passport.

Cost: \$49 per adult, \$39 per child (3-12)

DACHAU & MUNICH NATIONAL MUSEUM

January 11
March 22

Tour the historic Dachau Concentration Camp memorial site. The main camp was comprised of the actual prisoners' camp, the SS area as well as various subsidiary camps, such as the so-called plantation,

the shooting range at Hebertshausen, and the burial grounds for concentration camp prisoners, now the Concentration Camp Memorial Cemetery Dachau- Leitenberg. Then go into the city to the Munich National Museum. It is the largest technological museum in the world. It offers a hands-on exploration of German science and technology. The staff is knowledgeable about the exhibits, and they speak English. Adult museum entry is Euro 7.50, child entry Euro 3.00 (not included in ITR price).
Cost: \$39 per adult, \$29 per child (3-12)

ROTHENBURG

January 25
March 8



If you have never been there, you don't want to miss this trip. If you have been there, maybe it is time to return! This beautiful walled city is a do not miss destination. Bring your camera and enjoy the afternoon meandering down the alleys, enjoying a coffee in one of the cafes, or tour one of the museums. You can also



check out the historic church and town hall. Also, a nice chance to buy them last minute Christmas decorations for yourself or even to send home.

Cost: \$39 per adult, \$29 per child (3-12)

2 CASTLE TRIP

January 25

February 22

March 29

Germany is famous for its castles and Bavaria offers the biggest and best of them all. A building frenzy was initiated by King Ludwig II during his short reign, and while he almost bankrupted the country, the castles are a lasting testimony to whimsy and fairy tales. It is on to Fuesen where you can tour the world famous Neuschwanstein and the more sedate Hohenschwangau.

Entry to each castle will be approximately 10 Euro per castle per person.

\$49 p/adult, \$39 p/child (3-12).

Children under 3 \$10

Departs: Vil: 04:00, Graf: 04:30.

KARLOVY-VARY

February 8

Karlovy Vary has rich history and is world renowned for its spas. You can stroll along the scenic colonnades as you shop for crystal, leather, amber jewelry and much more. Don't miss this trip! Passports are required for every participant or Visa if required.

\$39 p/adult, \$29 p/child (3-12).

Children under 3 \$10

Departs: Vil: 06:30, Graf: 07:00.



HUNTING, FISHING AND SHOOTING (HFS) PROGRAM

USAG Grafenwoehr has a HFS program to suit your needs. We offer several programs to assist our community members to obtain the proper licenses and then participate in this locally sponsored activity. We are unique in that we are one of a very few garrisons in Europe that can provide local hunting, fishing and shooting programs.

FISHING

When fishing, German law requires you to attend a class to learn local laws and custom. Once you pass the class you will be able to purchase German Fishing license recognized throughout Germany. The fishing high season is March to October. Fishers in USAG Grafenwoehr are fortunate enough to have to opportunity to fish on post. HFS holds the water rights to eleven lakes and three streams within the garrison.

Before fishing in Germany you must have a permit for the body of water you want to fish. HFS holds the water rights to eleven lakes and three streams within the garrison area. Species in these bodies of water include: Pike, Walleye, European catfish, Carp, Trout, Eel and a variety of shad species. Permits may be purchased at either Outdoor Recreation center in the Garrison Grafenwoehr area.

FISHING CLASSES

Date: February 27 to March 1

Time: Friday, 6-9 p.m. and Saturday & Sunday, 8 a.m.-5 p.m.

Location: Camp Aachen, Grafenwoehr Bldg. 2440

Cost: \$60

Date: March 27-29

Time: Friday, 6-9 p.m. and Saturday & Sunday, 8 a.m.-5 p.m.

Location: Camp Aachen, Grafenwoehr Bldg. 2440

Cost: \$60

Permits cost:

Daily: \$12

Weekend: \$30

Seasonal (March 1 to October 31): \$89

Yearly: \$115

HUNTING

Hunting in Europe and Germany is steeped in customs and traditions and has often been exclusively for the upper classes until recently. Gun ownership in Germany is a privilege not a right and they have strict guidelines that must be followed to own store and fire a weapon. One way is to pass an authorized hunting course HFS of- fers one course a year.

The hunting course lasts approximately 10 weeks and meets all the requirements of German law. The course includes blocks of instruction in safety, customs, traditions, shooting, proper weapons handling, laws, and all game animals in Germany. There are also several field trips to various ranges and na-



ture preserves/hunting areas. It is ideal for hunters of all levels to include those that have never hunted before. Upon completion, you will be able to purchase a German hunting license to include owning and storing weapons in your home. The education requirement for this course is recognized by many European countries.

Please keep in mind that permission to hunt is not automatically granted by possession of a valid hunting license. The hunting season in Germany runs from may until March non-stop for various game animals to include wild boar, Roe deer, Sitka deer, red stag, fox, badger, hare and a variety of other animals. While the season in general is long, each species has its own season as well. Hunting permission can be obtained at the federal, state, local and private levels. Each has its own rules and regulations attached to it in reference to game and ownership rights.

USAG Grafenwoehr has two areas set aside exclusively for U.S hunters.

- On-post area. The area is utilized through applying in the early spring for a lottery in which the opportunity to purchase one of ten permits will be raffled off. The permit is valid from May 1 until January 31 for €250. The on-post area is an individual driven program where the maintenance, upkeep, feeding and tracking seat rotation is all handled by the permit holders with guidance from the HFS program manager. This is a great way to see how German hunters are expected to manage their hunting areas and will also present a once in lifetime opportunity to view and harvest game we would normally not see in America. To enter the Lottery you must be in possession of a valid hunting license the day of the drawing and assigned to USAG Grafenwoehr. If your name is one of the first ten you will have five working days to pay the fee or the next person drawn will receive your slot.
- Egerstadtwald. The area is approximately 40 minutes from Grafenwoehr. It is normally a weekend guided hunt for Roe deer, wild Boar, red deer, Sitka deer. The hunt is conducted by the HFS office and open to all U.S personal with a valid hunting licenses. It consists of two morning hunts and two eve hunts. On holidays we hunt Sunday night and Monday morning.

The HFS program is a great resource for upcoming hunts. We help you in finding hunting opportunities in the local area with state authorities and private hunters.

Our office assists with the submission for registering firearms and contact information for purchase firearms from private personal.





2009 HUNTING CLASS

Date: February 3 to April 18

Time: Tuesdays and Thursdays from 6-9 p.m. with Saturday field trips

Location: Camp Aachen, Grafenwoehr Bldg. 2440

Cost: \$150

Hunting Lottery Dates

Applications may be obtained at any USAG Grafenwoehr ODR facility.

Application Due Date: No later than April 10, 2009 to an ODR facilities

Drawing Date: April 20, 2009

Off post hunting fee schedule

Hotel € 30 per night paid to hotel. Breakfast included

Guide fees €50 paid to HFS personal upon arrival

Trophy fees assessed based on species and gender paid to HFS personal at end of hunt

SHOOTING

The Deutsch-Amerikanische Sportschuetzenverein (DASS) operates two ranges on behalf of HFS. One is a trap and skeet range, the other is a pistol/rifle range. All skill levels are welcome. If you have never fired before, professionals can teach beginners. During the high season (April to September), HFS offers a variety of programming from pistol shoots to "How To" seminars. We also offer group or unit level competitions upon request.

HFS Shooting Program offers:

- Trap and Skeet Range
- Three trap ranges
- Two skeet ranges
- Shotguns on hand for rental
- No license is required
- Ammunition can be purchased on the range

Trap and Skeet Range is open on Thursdays from 4-6 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. We offer weekend seminars on trap and skeet shooting for beginners.

- Pistol/Rifle Range (range 116)
- Side A is for large caliber rifles out to 100 meters
- Side B side is for pistols and small caliber rifles out to 100 meters

The Pistol/Rifle Range is open on Saturday and Sunday from 10 a.m. to 4 p.m. The DASS has 9mm pistols and ammunition for rent or purchase.

TRAP SEMINAR

Date: 16-18 January

Cost: \$90 includes classroom instruction and two rounds of trap and two rounds of skeet

January 16: Theory and Weapons Handling

Location: Camp Aachen, Grafenwoehr Bldg. 2440

Time: 6-9 p.m.

January 17: Two rounds of trap with a professional shooter
Time: 10 a.m.

January 18: Two rounds of skeet with a professional shooter
Time: 10 a.m.

YOUTH PROGRAMS

We offer youth programs for individuals, groups and families. We sponsor a youth fishing club for the CYSS Middle School, Teen Center program that meets the last Friday of each month. We provide theme programs for groups such as the Boy Scouts of America, the Girl Scouts of America, the local elementary and middle schools as well as other youth groups. Our family specific programs include outdoor weekends and kids fishing camps during the summertime.

HUNTING, FISHING AND SHOOTING EXPO

A Hunting, Fishing and Shooting Expo will be held on January 10-11. Come out to Grafenwoehr, Bldg. 103 from 9 a.m. to 5 p.m. and enjoy a wealth of information on hunting, fishing and shooting in the local area. Meet a variety of local vendors offering their wares and exhibit their equipment. Hunting dogs will demonstrate how they track and recover game. Local organizations will introduce themselves and present various information. There will be a large scale diorama depicting local game in their natural environment. A variety of seminars on different topics will be available for you. Shooting demonstrations on both ranges. Local horn blowers will do a short performance.

ARMY COMMUNITY SERVICE * ARTS & CRAFTS * AUTO SKILLS * BOSS * COFFEE & INTERNET * LIBRARIES * OUTDOOR RECREATION * ITR * CLUBS

BOWLING CENTERS * CHILD, YOUTH & SCHOOL SERVICES * BOSS * SPECIAL EVENTS * ITR

BOWLING CENTERS * CHILD, YOUTH & SCHOOL SERVICES * RESTAURANTS * ITR

WELCOME HOME TROOPS!

THANK YOU FROM F&MWR!





RECREATIONAL ACTIVITIES

NEW AT HOHENFELS, OUTDOOR RECREATION

Outdoor Recreation has been under new management for the past few months and changes have begun. Outdoor Recreation has just received all new snowboarding equipment including boards, boots, bindings and helmets. All equipment is available for season rentals.

New hiking and mountain bike trails have been cleared and improved upon. These trails will soon be marked and mapped for community usage. Current trails run through the area around the sportplatz and go towards the high school and commissary.

The trails are cleared of leaves and debris at least once a month. There are more challenging trails for the adventurous hiker beginning along the fence outside of Gate 1 and continue towards the Gate 5 street. The trail running from Keltenwall towards 1/4 has been cleared and is also open.

If you are quiet and lucky enough to stop and see the great wildlife in Hohenfels, this is the place to see both Red Deer and Roe Deer. More trails are also being cleared and added to the 10KM already on post. Maps will be available from Outdoor Recreation starting December 1 or can be emailed upon request.

Outdoor Recreation has been making great improvements in the ski service area as well. A new P-tex machine repairs the base while our new edger returns your edges to "like new" condition. The future of Outdoor Recreation includes a truly high-tech shop accommodating every ski and snowboard service you might need.



If you want to outside this stop by Hohen-Recreation for whatever here to make your outdoor experience even better!

get winter, fels Outdoor you might need. We're

Grafenwoehr Outdoor Recreation, BLDG 547
DSN 475-7402 • 09641-83-7402

Climbing Wall Certification Class

Learn the knots and safety techniques that you need for a fun indoor climbing experience! Classes available in Graf and Rose Barracks Contact ODR: 475-7402/CIV: 09641-83-7402

Day: Tuesdays
Time: 5 p.m.
Price: \$12
Pre-register at ODR



Hohenfels ODR has all of your winter snowboarding needs covered!

Hohenfels Outdoor Recreation's

SNOWBOARDING ESSENTIALS



Check out all of the brand new equipment including boards, boots, bindings, and helmets.

ODR also does long-term rentals so, for one small price, you can get your equipment for the entire season, through May 1:

\$180 for adults
\$90 for youth (dependents under 18 or still attending school)

For more information, contact ODR at DSN: 466-2060.



GRAF OUTDOOR RECREATION SKI TRIPS

SKI OVERNIGHT TRIPS

OETZTAL SKI SAFARI

JANUARY 17-19

Unleash yourself on the Oetztal Valley! Ski, board, snowshoe, or just roll around in snow at Soelden, Obergurgl-Hochgurgl, Vent, Hochoetz, Neidertal and Gries! The Oetztal has snowsports experiences for hard-chargers, laid-back cruisers, beginners and experts alike. The price of the trip includes transportation, overnight accommodations in a four star hotel, two breakfast meals and two dinner meals. For this outing, Ski Instruction is Free of Charge and Ski/Snowboard package rentals (excluding clothing rentals) will be discounted \$10 from the normal price! Ski passes not included in the price. Maximum Participation: 50

Price: \$359 per person in double room
\$409 per person in single room

SKI THE ITALIAN DOLOMITES

FEBRUARY 14-16

Say "Buon Giorno!" to your amoré on a romantic getaway in the Italian Dolomites for Valentines Day weekend. No amoré? Scour the slopes of the most romantic mountains in the world for a coniglietto (bunny) with whom to frolic in the blowing hoarfrost. The price of the trip includes transportation, overnight accommodations in a four star hotel, two breakfast meals and two dinner meals. For this outing, Ski Instruction is Free of Charge and Ski/Snowboard package rentals (excluding clothing rentals) will be discounted \$10 from the normal price! Ski passes not included in the price. Maximum Participation: 50

Price: \$359 per person in double room
\$409 per person in single room

ZILLERTAL SKI SAFARI

MARCH 13-15

Get the last runs in before the snow goes for the spring! Zillertal has peaks as high as 3250m and over 230km of trails. Cruise down the 12km long runs from peak to creek and don't forget to blast off-piste for a ride through a valley that you'll never forget. The price of the trip includes transportation, overnight accommodations in a four star hotel, two breakfast meals and two dinner meals. For this outing, Ski Instruction is Free of Charge and Ski/Snowboard package rentals (excluding clothing rentals) will be

discounted \$10 from the normal price! Ski passes not included in the price. Maximum Participation: 50

Price: \$359 per person in double room
\$409 per person in single room

SKI DAYTRIPS

Brixenthal

January 4

Price: \$39 per person

Geisskopf

January 10

Price: \$29 per person

*All day trip prices cover transportation to the ski lift. Return times vary due to weather and traffic conditions

**Children under 12 years old may be arranged through a local ski school contractor; prices and times will be determined by the contractors fees and schedule.

SKI AND SNOWBOARD INSTRUCTION:

On your day trips, join our PSIA and AASI certified instructors for a 4 hour block of ski or snowboard instruction. Our instructors can work with beginners, intermediate and experts skiers ages 12 and up. Whether you've never stood on skis before and want to learn the basics or you've skied for years and want to break out of old habits and into new, more challenging terrain, sign up for instruction when you make your trip reservation!
Price: \$10 per person for 4 hours

DAY TRIP RENTAL PACKAGES:

Skis, Boots, Poles: \$15
Snowboard and Boots: \$20

DAY TRIP FAMILY DISCOUNT:

Two adults, regular price
All subsequent family members: half price

Every Saturday ODR will be going skiing at Grosser Arber.

Cost: Adt: \$39.00

Child: \$29.00. Departure: Vilseck 06:30, Graf 07:00





WAQ NOW AT GRAF!

Warrior Adventure Quest (WAQ) combines high-adrenaline sports such as rock climbing with Battle-mind training to help Soldiers adjust to the return to garrison life from the combat environment. The high adventure outdoor recreation activities are a hook to entice Soldiers to participate as well as a release mechanism to give them the adrenaline boost they're craving in a safe, controlled environment. Battlemind is the Army's psychological resiliency building program which helps Soldiers recognize and respond to fear during combat, then mitigate the cumulative effects of a sustained combat environment and become mentally prepared to reintegrate during the redeployment, post-deployment and reset portions of the deployment cycle. WAQ is centrally funded through the Family and Morale, Welfare & Recreation Command with oversight from the Installation.

Management Command and regional MWR recreation managers. Planning is under way to bring the program to an additional 24 Army garrisons over the next year, and the long-term goal is to have every BCT participate in WAQ within 90 days of their redeployment from a combat environment. A number of survey and assessment tools will be used to evaluate the effectiveness of the program, including statistics from the Combat Readiness/Safety Center, the Reintegration Unit Risk Inventory, the Unit

Behavioral Health Needs Assessment, and a new online survey, the Warrior Adventure Quest User Survey.

According to the Training and Doctrine Command, it costs the Army \$54,700 to train a basic combat arms Soldier, and as much as \$67,000 for other military occupational specialties (depending on the length of their advanced individual training). Since there's no way to put a dollar value on a Soldier's life, determining a return on investment for this project is difficult. However, the average cost per person to participate in WAQ is only \$86. The U.S. Army plans to cycle nearly 80,000 Soldiers through WAQ over the next year at a cost of just under \$7 million. If it cuts the fatality rate in half, it will have paid for itself. If it helps just one Soldier, the program will be worth the effort.

USAG Grafenwoehr will implement the Warrior Adventure Quest program for the 2d Stryker Cavalry Regiment Soldiers starting in January. The unit recently returned from a 15 month deployment in support of Operation Iraqi Freedom. For more information on the Warrior Adventure Quest program, please feel free to contact the Rose Barracks Outdoor Recreation.

Adapted from an article by William Bradner, FMWRC Public Affairs

Warrior Adventure Quest



USAG Grafenwoehr Outdoor Recreation





USAG GRAFENWOEHR LIBRARY EVENTS

During the winter months, darkness looms over the greater portion of the day, and oftentimes, there seems to be little excitement to lift the spirits. But, contrary to popular thought, the first months of the year bring much in the way of adventure and fun not only in Europe generally but in USAG Grafenwoehr particularly. Look to the garrison libraries for fun and informative displays and activities to brighten the spirit.

The new year dances in and brings with it the end of the Library Family of the Year competitions. Each family is encouraged to bring in their collected library receipts to compete on January 15th. Rose Barracks and Grafenwoehr Libraries will make tape available for participants to piece together their family's entry. When complete, the staff will measure and record the length of the receipt. On January 21st, each Library will announce its Library Family of the Year.

On display early in the month, Dr. Martin Luther King will be honored for his ground breaking work in American Civil Rights.

Rose Barracks will highlight "Get Organized Month" while Grafenwoehr showcases "National Family Fitness Month".

Rose Barracks will host its Mystery First Book Club on January 8th with members reading *Bone Collector* by Jeffrey Deaver.

The Boys Book Club happens on January 15 as the group reads *Rare Beasts* by Charles Ogden. And the Mother/Daughter Book

Club meets on January 22nd to discuss *The Sisters Grimm: Book One*, *The Fairy Tale Detectives* by Michael Buckley. All book clubs meet at 6:30 p.m., and everyone is welcome to attend. The Rose Barracks Library also has weekly Story Time on Wednesdays at 10 a.m.

The Grafenwoehr Library hosts its monthly Military History Group on January 7th at 6 p.m. in the Reference Area.

The Story Time special on January 13th features Parent2Parent and Library Volunteer Ronnie Ross with stories and fun activities featuring music as the theme. This learning adventure will begin at 11:30 a.m. in the Children's Room.

Fasching is known as "the 5th Season" in Germany and offers many opportunities for lighthearted fun with the host nation community. Originating in religious and cultural traditions, the celebration takes on many names. In the States, we call it Mardi Gras, in Switzerland and Austria it goes by Fasnet, in the northern and eastern portions of Germany it is named Karneval and here, in Bavaria it is called Fasching. It begins at 11-11-11. Translated, that is the eleventh day of the eleventh month at 11 minutes after the eleventh hour. Festivities take a back seat to the Weihnachtszeit (Christmas time) but resume in full swing after the Sylvester (New Year). The fun lasts until Faschingdienstag (Shrove or Fat Tuesday) at 11:59 p.m. when "Fasching" is buried before the Lenten season begins with Aschermittwoch (Ash Wednesday). Activities can include the Rosenmontag (Rose Monday) Ball, parades, Weiberfasching (fun and mischief for the ladies) Kinderfasching and the Faschingdienstag parties that each Verein (club) sponsors. Your garrison libraries can help you locate the celebrations in your community.



USAG Grafenwoehr Libraries offer the following services...

- Worldwide Reference Service
- Internet Services
- Online Databases
- Story Time
- Ethnic Displays
- Reader's Advisory Service
- Interlibrary Loan
- Online Catalog
- Library Tours
- MWR Programs
- Net Library
- Book-Club-In-A-Box
- Free Paperback Books for the Troops
- Video Messenger
- Classroom Space with multimedia capability
- Computer Labs
- Public AKO CAC access

The internet address for the Library catalog is <http://www.mylibrary.eur.army.mil>.

February is Black History Month, Heart Health Month, Library Lovers' Month and also celebrates our Presidents and those dearest to our hearts. The garrison libraries will feature displays on our African American Heritage, treat our Library Lovers and help you warm the heart of your loved one.

Dinner From The Heart will be offered in the Rose Barracks Library on Wednesday, February 11th at 3:30 p.m. and in the Grafenwoehr Library on Thursday, February 12 at 5 p.m.

Book Clubs are on tap with the Mystery First Club meeting on February 5th reading *A Is For Alibi* by Sue Grafton, the Boys Book Club is reading *Among the Hidden* by Margaret Peterson Haddix on the 19th and lastly, the Mother/Daughter Book Club meets on the 26th and is discussing *Catherine Called Birdy* by Karen Cushman. Story Time in Grafenwoehr will begin at 11:30 on the 10th and the weekly Rose Barracks Story Time will be held on Wednesdays at 10 a.m.

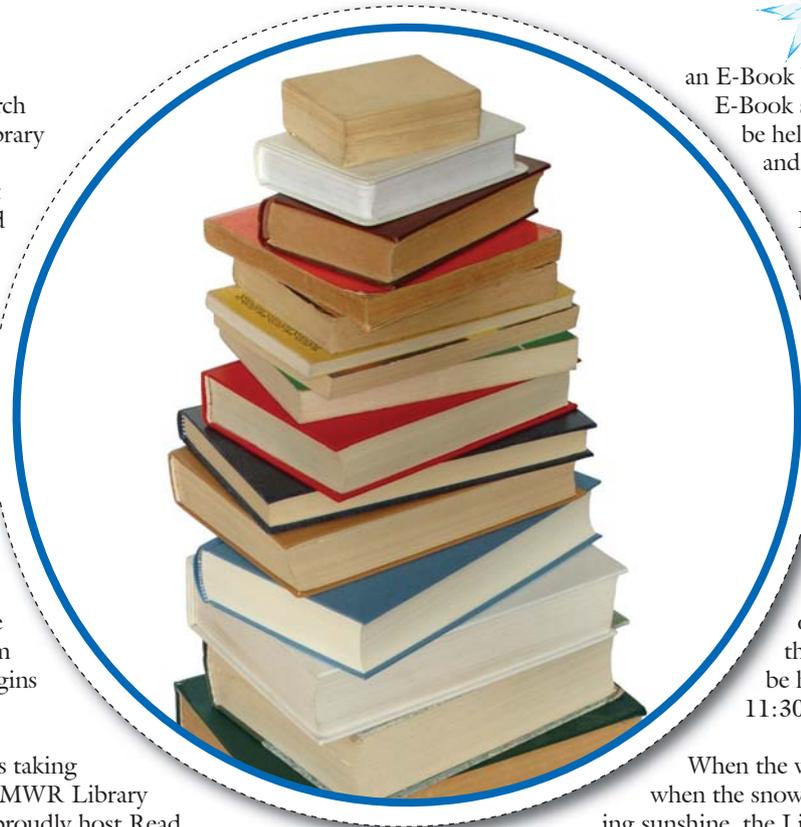




Leading up to spring, March holds lots for our local Library Patrons. Women's History Month and National Craft Month will be the featured displays as media on a variety of crafts will be highlighted. Check out the books on sewing, knitting, beading, and scrapbooking to name a few and peruse the DVDs to see what Martha has in store.

National Return the Borrowed Books Week is a good opportunity to find all those books you've stacked up and return them to your local library! It begins on Sunday, March 1st.

Cutting edge technology is taking hold in all aspects of your MWR Library and the garrison libraries proudly host Read



an E-Book Week from March 2 to 8. The E-Book sign-up event in each library will be held from 6-7 p.m. on Wednesday and Thursday of that week.

Rose Barracks will host its Mystery First Book Club on March 5th with members reading *Secret History of the Pink Carnation* by Lauren Willig, Boys Book Club on March 19 reading *Milkweed* by Jerry Spinelli, and Mother/Daughter Book Club on March 26th with *Not One Damsel in Distress* by Jane Yolen. All book clubs meet at 6:30 p.m. The Rose Barracks weekly Story Time takes place on Wednesdays at 10 a.m. and the Grafenwoehr Story Time will be held on Tuesday, March 10th at 11:30.

When the winter doldrums are pressing in, when the snowy, blustery days have you seeking sunshine, the Library is the place to be!

USAG HOHENFELS LIBRARY EVENTS

Happy New Year! Turnbull Memorial Library has lots of activities for you to pick from during these cold, dark winter months. We made some New Year's resolutions too. Which we hope turn out better than most. Be sure to visit Turnbull Memorial Library and get a head start on the New Year! Call the Library at 466-1740 for more information on any and all of the following activities.

HOHENFELS TURNBULL MEMORIAL LIBRARY 2009 RESOLUTIONS:

Do more traveling: Look for a new monthly travel group to begin in January.

Get more cultured: Our Sunday Screenings continue with a different foreign film screened at the library each month.

Make new friends: The last Monday of each month, the Hohenfels Book Club meets to discuss great and not-so-great literature.

Have more fun: In the works is a Retro Game Night (or day) where Scrabble, Risk, Monopoly, and other classic board games rule!

Improve quality of life: Check out our FMWRC collection under the Command READ posters at the front of the library. We have books on job hunting, resumes, surviving deployment, loss and grief, military family life, and much more for families, adults and kids.

Get on Jeopardy: Your Hohenfels Library has many excellent databases for your every research need, from genealogy to auto repair to world culture.

Save money: Each month, we purchase the most current DVDs, books, music CDs, magazines and children's books, so you don't have to!

Hohenfels Library's

Preschool Story Time & Lapsit Stories

Every Tuesday at the Hohenfels Library!

10 a.m.
Preschool Story Time
Children age 3-5
& their parents

11 a.m.
Lapsit Stories
Toddlers age
12 mos.-3 years
& their parents

For more info, contact the Hohenfels library at
DSN: 466-1740 or CIV: 09472-83-1740.



RECREATIONAL ACTIVITIES

USAG GRAFENWOEHR HEART & HOME CRAFT SHOP JANUARY TO MARCH 2009 CLASS SCHEDULE

JANUARY

Crochet an Afghan

January 6, 13 10 a.m.-12 p.m.
Age: Adult Fee: \$35 + Supplies
An intermediate to advanced crochet class.
You must have knowledge of the basic
crochet stitches to sign-up.

Baby Afghan

January 8, 15, 29 9-11 a.m.
Age: 10-14 Fee: \$30 + Supplies
Sign-up for this class and make a beautiful
crochet baby afghan.

My 3-Star Quilt

January 9, 16, 23 9-11 a.m.
Age: Adult Fee: \$45 + Supplies
Intermediate-level quilt to test your skills.

Earrings with Julie

January 9 12:30-3:30 p.m.
Age: 12 & Up Fee: \$12 + supplies
Come in and make beautiful earrings.

Knitted Socks

January 14, 21, 28 9-11 a.m.
Age: Adult Fee: \$35 + supplies
This basic course will teach you how to
read sock patterns and you'll make your
very own cozy warm socks.

My 3-Star Quilt

January 15, 22, 29 6-8 p.m.
Age: Adult Fee: \$45 + supplies
Intermediate-level quilt to test your skills.

Necklace with Julie

January 17 11 a.m.-1 p.m.
Age: 12 & Up Fee: \$25.00
Includes supplies
Continue making beautiful jewelry.

Bracelet with Julie

January 23 11 a.m.-1 p.m.
Age: 12 & Up Fee: \$18 includes
supplies
Continue making beautiful jewelry.

Block of the Month Quilt

January 30th
(Continues last Friday of every month)
9-11 a.m.
Age: Adult
A beautiful patriotic quilt when completed.
Initial fee is \$25 plus \$5 for monthly
blocks. Instructions and sign-up sheet at

the Heart & Home craft shop.

FEBRUARY

Crochet an Afghan

February 3, 10
See class details for January schedule.

Knitted Socks

February 4
See class details and description from the
January schedule.

Valentines Ribbon Runner

February 4, 11 6-8 p.m.
Age: Adult Fee: \$40 + supplies
Come make this easy and classy runner that
can be hung on a wall or laid across a table.

Baby Afghan

February 5, 12, 19 9-11 a.m.
Age: 10-14 Fee: \$30 + Supplies
Sign-up for this class to crochet a beautiful
baby afghan.

My 3-Star Quilt

February 5, 12, 19
See class details for January schedule.

My 3-Star Quilt

February 6, 13, 20
See class details for January schedule.

Earrings with Julie

February 21 11 a.m.-2 p.m.
Age: 12 & Up Fee: \$12 + supplies
Come in and make beautiful earrings.

Advanced Beginner's Quilt Class

*February 26, and March 5, 12, 19, 26 and
April 2* 9-11 a.m.
Age: Adult Fee: \$45 + Supplies
Must take the Beginner's Class to enroll
in Advanced Class. Make this "just a bit
harder," but beautiful quilt in the end.

Bracelet with Julie

February 27 12:30-2:30 p.m.
Age: 12 & Up Fee: \$18 + supplies
Continue making beautiful jewelry.

MARCH

Beginner's Crochet

March 3, 10, 17 10 a.m.-12 p.m.
Age: Adult Fee: \$25 + Supplies

Learn the basic crochet stitches in this class.
We will be making a flower and a coaster.

Spring Table Runner

March 4, 11, 18 9-11 a.m.
Age: Adult Fee: \$25 + Supplies
Make a beautiful table runner that will
brighten up your table.

Advanced Beginner's Quilt Class

March 5, 12, 19, 26, April 2
See class details for February schedule.

Beginner's Crochet

March 6, 13, 20 10 a.m.-12 p.m.
Age: Adult Fee: \$25 + Supplies
Learn the basic crochet stitches in this class.

Spring Grapevine Wreath

March 11 6-8 p.m.
Age: Adult Fee: \$15 + supplies
Create your own festive wreath to help
usher in the spring.

Necklace with Julie

March 21
See class details from January 17, schedule.

Easter Egg Quilling (Paper Art)

March 25 10 a.m.-12 p.m.
Age: Teen & Up Fee: \$20 + supplies
Quilling or the art of paper rolling is fun
and easier than you think. Come decorate
an egg with this neat art form.

Crafts with Julie

March 27 12:30-2:30 p.m.
Age: 12 & Up Fee: \$18
Come make some fun crafts with Julie.
Choose from bookmarks, fan pulls, pen-
dants and much more.

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. On January 28,
February 25, and March 25 from 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.



HOHENFELS ARTS AND CRAFTS

The Arts and Crafts Center is happy to welcome Jennifer Batts to our staff. This is her first duty station and she loves her new job. While we will be sad to lose Anna Lesperance this spring, you all should know the shop is in good hands. We have added new craft supplies

in the retail shop such as yarn, scrap book supplies and fabric. Other supplies may be special ordered and can be added to regular inventory by popular demand.

As the summer comes around there is always more demand for special classes. The Arts and Crafts Center is

always looking to supplement its knowledgeable staff with volunteers with special skills. If you know how to knit, crochet, scrapbook or other fun craft you too can teach a class. Simply sign up as a volunteer through ACS and let us know what you can do.

HOHENFELS ARTS AND CRAFTS CENTER CLASSES

Please make sure to preregister and pay at least three days before any class. This guarantees your spot and lets us make sure we have enough materials on hand. For more information on classes, please call the Hohenfels Arts and Crafts Center at DSN: 466-2538 or CIV: 09472-83-2538. Sign-up for classes now, as spots fill fast!

FRAMING

Doing your own custom framing is a great way to personalize your art and awards while saving money. Learn how to measure and mat your pictures as well as how to cut and put together frames. Then finish it off for a professional look every time. \$30 class fee includes supplies to frame a 5"x7" picture. Please preregister and pay at least three days before class.

| | |
|-------------------|----------------------------|
| January 3 | 9:30 a.m. to 1 p.m. |
| February 7 | 9:30 a.m. to 1 p.m. |
| March 7 | 9:30 a.m. to 1 p.m. |

BASIC QUILTING

Make your first small project while learning the basics of rotary cutting, strip piecing, machine quilting and edge binding. These skills can then be applied to future projects. \$10 class fee plus supplies. Please purchase and wash you material before coming to class. You will receive pre-class instructions at time of sign-up.

| | |
|--------------------|----------------------------|
| January 10 | 9:30 a.m. to 1 p.m. |
| February 14 | 9:30 a.m. to 1 p.m. |

WOOD SHOP SAFETY

In this class you learn to safely use machinery in the wood shop. Once you

are certified, you may come back for help on individual projects. \$10 class fee no pre-sign up required. Please wear close-toed shoes and appropriate clothing.

| | |
|--------------------|----------------------------|
| January 17 | 9:30 a.m. to 1 p.m. |
| February 21 | 9:30 a.m. to 1 p.m. |
| March 21 | 9:30 a.m. to 1 p.m. |

BEGINNING CROCHET

There are many techniques and styles in crochet. Come to this class and learn how to begin. We make a Granny Square and dish cloth. Come back later to add skills or get help on your project. Class fee is \$10 plus supplies. Bring your own hooks and yarn if you have them.

| | |
|--------------------|----------------------------|
| January 24 | 9:30 a.m. to 1 p.m. |
| February 28 | 9:30 a.m. to 1 p.m. |

GARMISCH CRAFTS TREE CLASSES AND PROGRAMS

Bldg. 262, Artillery Kaserne, USAG Garmisch

Hours of Operation: Tue, Wed, Thu: 1000-1300 & 1500-1900, Sundays from 1300-1700

Phone: DSN 440-3888, Civ: 08821-7503888

The Crafts Tree's Family Portrait Studio Indoor or Outdoor Appointments Family, Group or Individual Portrait Sitings Animal Portraits

Book your studio appointment at DSN 440-3475 or civ. 08821-7503475 or get in touch with the Crafts Tree for more details.

WOOD SHOP SAFETY

A prerequisite to use the shop's power tools and machines. Upon completion of the class you receive the MWR Arts & Crafts Qualification Card, which is honored at all MWR crafts facilities. Fee is \$20. Please note: The Wood Shop is open at all times the Crafts Tree is open for do-it-yourselfers with a valid qualification card. Classes are every Thursday from 5-7 p.m. Please call in advance.

CUSTOM FURNITURE REPAIRS CUSTOM UPHOLSTERY

Drop off your furniture in need of

repair at the Crafts Tree and we will give you a cost-free estimate. If your project is too large to bring it in schedule an appointment for an estimate at your home (Garmisch area only). Repair fee: \$20 per hour & materials

FURNITURE UPHOLSTERY

You need to bring a piece of furniture in need of upholstery, which will be your class project. The class runs over three two-hour sessions, six total hours of instruction and is taught by personal appointment and the fee is \$35 (materials not included).

BASIC WOOD CARVING

Learn to carve by making a sign for your desk with the lovely Garmisch mountain range and your name on it. Beginners class, wood shop safety class not required prior. Call the shop to set up an appointment. Fee \$20, materials included.

SILK PAINTING

For children and adults, beginners and advanced students. 2 evenings, \$15. Please schedule an appointment in advance.

WATERCOLOR PAINTING

2 evening or afternoon classes, \$20 + materials. Please schedule an appointment in advance.

OIL PAINTING

3 evenings of instruction, \$59, includes oil paints and canvas. Please schedule an appointment in advance.

BASIC CERAMICS POURING

Learn how to pour and finish. You will make one easy class project. Advance sign-up is required. Fee \$20, includes instruction & materials (slip, paints and glazes, shop and firing fees) for one small project.

PICTURE MATTING & FRAMING

Learn the basics of matting and framing. After completion of the course you will be able to use the shop's framing equipment and machines and you will receive the Arts & Crafts Qualification Card, which is honored at all other mil. Arts & Crafts Centers. Taught by personal appointment in two sessions: Framing I / Framing II. Fee is \$20 (materials not included)

PIANO INSTRUCTION

Open slots are available for the fall semester. Instruction takes place in the music practice room at the Crafts Tree in Bldg. 263. Cost for a two month lesson package is \$135. Call DSN 440-3475 or civ. 08821-7503475 to sign up or for more information.



ARE YOU READY FOR Wii™?

The Rose Barracks Fitness Center gets creative with accessories to keep your workout interesting. Yet, sometimes the best fitness accessories aren't actually fitness equipment at all—like the Nintendo Wii™ video game system.

The game has about 40 different yoga, strength, balance and cardio training activities. The Wii™ Balance Board measures a user's weight and center of gravity, and then calculates body mass index (BMI) when told the user's height. Wii™ Fit tracks a user's "Wii™ Fitness Age" by testing the user's current age, weight and athletic ability. The user's personalized avatar, called a Mii, changes its shape as actual user weight increases or decreases. It is a unique form of motivation.

You can enjoy this new workout on three Wii™ Fit Stations from 5:30 a.m.-8 p.m. The room is open to everyone—Active Duty, DoD, and Family Members. Hourly reservations are possible, too. In the near future, RBFC and BOSS will host a Wii™ Tournament with the latest sports & fitness games. Be ready for a new experience in your workout routine!
Wii™ Fit Activities

Training on Wii™ Fit is divided into four categories: aerobic exercise, muscle workouts, yoga poses and balance games. The activities emphasize controlled movements rather than overexertion.

- Yoga poses: Deep breathing, Half-Moon, Warrior, Tree, Sun Salutation, Standing Knee, Palm Tree, Chair, Triangle Downward-Facing Dog, King of The Dance, Cobra, Bridge, Crocodile Twist, Shoulder Stand
- Muscle workouts: Strength training, single leg extension, press-up and side stand, torso and waist twists, jackknife, lunge, rowing squat, single leg twist, sideways leg lift, parallel stretch, triceps extension, arm and leg lift, single arm stand
- Aerobic training: Jogging, step aerobics, hula hoop, rhythm boxing
- Balance games: Ski jumping, ski and snowboard slaloms, heading soccer balls, Table Tilt (players shift their balance to get balls into holes), Tightrope Tension (players cross a tightrope), Balance Bubble (players navigate down a river in a bubble without bursting it), Penguin Slide (players catch fish while balanced on a piece of ice).

NEW ROSE BARRACKS WORKOUT RAISES THE BAR

Want to get in shape fast? If the thought of pounding the pavement doesn't appeal, check out the latest fitness phenomenon to arrive at the Rose Barracks Fitness Center in Vilseck. LES MILLS™ classes are the new craze. They are led by fully-trained instructors who take participants through a series of pre-choreographed moves set to inspiring chart-topping music.

Developed in New Zealand, the LES MILLS™ range of exercise-to-music programs is fast becoming one of the world's

most popular ways to keep fit. All the choreography is developed in conjunction with health experts to ensure the moves are safe, and classes are updated every three months so participants stay inspired. Five million people a week now take part in LES MILLS™ programs in 12,000 clubs in more than 70 countries around the world.

For more info, please contact your local fitness center for class dates and times.



HOHENFELS SPORTS CLASSES

Hohenfels MWR is proud to announce that the fitness program is in full swing. Our instructors are prepared to offer a broad spectrum of classes targeted to varying fitness levels. Eventually, more classes will be added to satisfy the community's needs. Be sure to keep your eyes open for new classes coming to the Hohenfels Fitness Center. For Tuesday and Thursday classes, please make sure to arrive early to get set up. Any questions? Please call the Hohenfels Olympia Fitness Center at DSN: 466-2726 or e-mail kareemh.braithwaite@eur.army.mil.

| | |
|-----------------------|----------------------------|
| Middle C | Monday, Wednesday & Friday |
| 11:30 a.m.-1 p.m. | |
| 30 Minute Slam | Tuesday & Thursday |
| 11:30 a.m.-12:30 p.m. | |
| Indoor Cycling | Tuesday & Thursday |
| 5:30-6:30 p.m. | |

CLASS DESCRIPTIONS

Middle C with Carla Unwoga: A high-energy, low-impact class! Combines 45 min of aerobic step exercise with 15 min of abdominal and core exercises for an effective, full-body workout. Great for all levels!

30 Minute Slam! with Kareem Braithwait: High-intensity spin class for those who dare! Just enough punishment with enough time to get back to work!

Spinning with Cathryn Young and Kareem Braithwaite: Bring your outdoor cycling training indoors! This class is geared to both novice and veteran exercisers.

HYPERTENSION AND EXERCISE

by Kateryna Fuetterer, Grafenwoehr Physical Fitness Center Personal Trainer

Hypertension (high blood pressure) is clearly a major public health problem. Left untreated, high blood pressure can damage the eyes, kidneys, heart and brain. Hypertension is a factor in 68% of all first heart attacks and 75% of all first strokes.

A variety of non-pharmacologic approaches to managing hypertension are useful. In some cases of mild hypertension, these approaches are enough to reach satisfactory levels of blood pressure. Trim down if you are overweight, even a small weight loss can improve blood pressure. Eat a healthy diet and avoid salty foods, begin a program of regular physical activity and quit smoking.

Many people with hypertension avoid exercising because they are afraid that it will increase their blood pressure. But research shows that these fears are generally unfounded. People who are physically fit are less likely to develop high blood pressure, and exercise may stop people with pre-hypertension from developing full-blown hypertension. In people with mild to moderate high blood pressure, studies have demonstrated that regular aerobic activity can decrease systolic blood pressure by up to 10/8 mm Hg.

In some people with high blood pressure, beginning a regular exercise program can allow their doctors to reduce the dosage of their high blood pressure medication or even eliminate the

need for it altogether. Regular physical activity makes your heart stronger and helps to keep arteries elastic, even in older people. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure. Either brief periods of intense training or prolonged aerobic workouts can raise chemicals in the brain such as endorphins natural painkillers that promote an increased sense of well-being, serotonin and dopamine that ease the gloominess of depression and reduce the tension associated with anxiety, as well as promote relaxation and pleasure.

Aerobic exercise increases the concentration of high-density lipoprotein (HDL, or "good") cholesterol and decreases the concentration of low-density lipoprotein (LDL, or "bad") cholesterol in your blood. The potential result? Less build-up of plaques in your arteries. Weight loss and increased muscle tone are another important way to control blood pressure.

Studies have shown that high-intensity exercise may not lower blood pressure as effectively as low to moderate intensity exercises such as walking, swimming, rowing, jogging or cross-country skiing when done for 30 to 60 minutes at least three days a week. Even brisk walking burns as many calories as jogging for the same distance and poses less risk for injury to muscle and bone.

If you are unable to exercise for 30 minutes at a time, try

(continued on next page)



(continued from previous page)

breaking up the exercise into sessions of 5-10 minutes. Take five minutes to warm up (with slow walking or stretching), do 25-30 minutes of exercise, and then spend five minutes cooling down with slower activity.

Initially your exercise should be monitored closely by your personal trainer to make sure there are no complications. After cardiovascular endurance analysis by the fitness assessment your personal trainer will tell you what intensity of exercise is beneficial and safe for your age and health status. At this stage, a personal trainer will design an exercise routine that fits your needs, your goals, and your lifestyle. Later you will be able to exercise independently.

Your fitness program should incorporate exercises that improve stamina, flexibility, strength, balance and reaction time. Strength training has often been discouraged for hypertension patients. In people with high blood pressure, the weight lifting and the use of resistance equipment can cause blood pressure to rise, sometimes to dangerous levels. When you “max out,” you tend to hold your breath. It can cause spasms in the arteries leading to the heart. Nonetheless, the use of resistance exercises as part of an overall exercise plan because these exercises improve strength, balance and bone mass, all important for prevention of osteoporosis.

YOU JUST NEED TO TAKE SPECIAL PRECAUTIONS.

For example, use your own body weight for resistance exercise. Push-ups, sit-ups, leg extensions, chin-ups, squats,

lunges, and step-ups are just some of the exercises that you can do to strengthen your body. The advantage of these exercises is that you can do most of them anywhere. Your personal trainer will show you how to increase or decrease the resistance. Lift lighter weights (no more than 10 lbs.) do more repetitions. Move continuously throughout each exercise to avoid an isometric hold. Breathe throughout each exercise, typically exhaling as you exert effort or lift the weight and inhaling as you return to the starting position. Do NOT lift maximum weights, perform isometric contractions or hold your breath. These practices result in excessive blood pressure responses and should be avoided. Avoid a sudden change of direction. Drink plenty of fluids before, during and after a workout. Adjust activity according to the weather and reduce it when fatigued or ill. When exercising, listen to the body's warning symptoms, and consult a doctor if exercise causes chest pain, irregular heartbeat, undue fatigue, nausea, unexpected breathlessness, or light-headedness.

Remember strength training is just one component of a well-rounded fitness program that also includes aerobic exercise (cardio), flexibility and coordination training. And to keep your blood pressure low, you need to keep exercising. It takes about one to three months for regular exercise to have an impact on your blood pressure. The benefits last only as long as you continue to exercise.

For more information, contact your local fitness center.

USAG GRAFENWOEHR PERSONAL TRAINERS

Cassie Humble: Certified Personal Fitness Trainer

Industry Certifications: AFTA Certified Personal Trainer, FITOUR® Indoor Cycling Specialist and Group Exercise Instructor

Cassie Humble caught the fitness bug in 2005. Tired of feeling sluggish and being out of breath after climbing a flight of stairs, she decided to start making changes to her diet and began exercising. It quickly became an addiction, and she began thinking about a career in fitness.

Cassie arrived in Vilseck summer of 2006. The following year, she began instructing circuit training and soon transitioned into spinning. In 2008, Cassie developed SpinStrong, a challenging cardio/strength training program combining spinning and PT style strength training exercises to help soldiers and civilians improve their physical fitness. “Above all challenge yourself. You may well surprise yourself at what strengths you have, what you can accomplish.” ~ Cecile Springer

Kateryna Fuetterer: Certified Personal Fitness Trainer

Education: Master of Science in Physical Education, Sports and Sports Medicine; Science Thesis focused on Prevention and Treatment for Spine Diseases

Professional Experience: Fitness Trainer; Physical Education Teacher at Secondary School; Sports Trainer and PE Teacher at Dnepropetrovsk National University; Physical Therapist/Instructor for Sports Medicine at Rehabilitation Center; Conditioning coach for Free-style wrestlers

Kateryna possess extensive knowledge and strong understanding of the functions and vital processes of the human body to effectively develop and design physical fitness training programs. She has the ability to motivate and lead others for improving their potential. Her enthusiasm and experience keep your workout fresh and interesting.

Monika Garyantes: Certified Personal Fitness Trainer

Industry Certifications: International Fitness Association Certified Personal Trainer; International Fitness Association Certified Kickboxing Trainer; International Fitness Association Certified

Group Exercise Trainer; Les Mills Body Pump Certified Instructor; American Red Cross CPR and First Aid Certified

Monika Garyantes has been an active member of the Rose Barracks Fitness Center since 2001. Once she achieved her own fitness goals, Monika realized that she was meant to help others. She has now dedicated her life not only to her children, but also to making the dream of a healthy lifestyle a reality for others. She began her public service by teaching the circuit training class, as well as teaching many different classes at the RBFC as a volunteer in 2005. Never satisfied with the just the basics, Monika continued to improve her skills and knowledge by learning the newest techniques. As a result, she is the only instructor at RBFC certified with the highly touted Les Mills Body Pump program. In addition she teaches the popular step aerobics classes. “You’ve got to get up every morning with determination if you’re going to bed with satisfaction.” George Lorimer

Shannon Linville: Certified Personal Trainer and Group Exercise Instructor

Education: BS Health and Human Performance, minor in Biology and mathematics

Industry Certifications: AFAA Primary, ISTA Kick Box, BOSU certified, AFAA Mat Pilates, Turbo Kickboxing, AFAA Spinning, ACSM Personal Trainer, Certified Peer Educator with school aged children. Two time marathon runner and three time half marathon runner.

Shannon has a diverse background working in corporate, commercial and with special populations. Included in her four years of exercise education are group fitness instruction, personal training and testing consultation. “I am here to help my clientele reach a healthy goal and feel comfortable in their environment. I am very excited to be a part of this new and exciting facility!” Shannon loves to run, spend quality time with her family, and educate herself with new fitness facts. Her philosophy is discipline—to get what you’ve never had, you must do what you have never done.



PERSONAL TRAINER SERVICES

ONE-ON-ONE PERSONAL TRAINING PACKAGE

Are you looking for a personalized workout that will be challenging and time efficient, based on your fitness goals, and provide you with the results you are looking for? Someone who can provide you with health and fitness information, motivate you, give you proper exercise instructions, and make your exercise program fun? Look no further than. USAG Grafenwoehr fitness centers offer one-on-one personal training packages.

Whether your goal is to lose fat, tone or build muscle, sculpt your physique, get stronger, improve stamina or improve your overall health. Your Certified Personal Trainers will create a dynamic exercise program based upon your personal goals and fitness level. Your Certified Personal Trainer combines high intensity workouts and with the motivation you need to reach your goals and maintain long-term results. (Prices are for one person)

| Package | # of Sessions | Soldier | Military Dependent |
|--------------------------|---------------|---------|--------------------|
| Starter Package | 1 Session | \$40 | \$45 |
| Results Package | 3 Sessions | \$110 | \$120 |
| Serious Results Package | 6 Sessions | \$215 | \$220 |
| Ultimate Results Package | 12 Sessions | \$415 | \$425 |

YOU AND A PARTNER PERSONAL TRAINING PACKAGE

Do you and a friend share similar fitness goals? By teaming up with a friend, you'll save money and have a great workout partner! Partner fitness training is a one-on-two appointment with a Certified Personal Fitness Trainer that offers individuals an opportunity to workout with a co-worker, spouse, roommates, or any

other partner. Your personal fitness trainer will assist in implementing an optimal fitness program tailored to meet your personal fitness goals and interests. (Prices are for one person.)

| Package | # of Sessions | Soldier | Military Dependent |
|--------------------------|---------------|---------|--------------------|
| Starter Package | 1 Session | \$35 | \$40 |
| Results Package | 3 Sessions | \$95 | \$110 |
| Serious Results Package | 6 Sessions | \$180 | \$215 |
| Ultimate Results Package | 12 Sessions | \$350 | \$415 |

FITNESS ASSESSMENT (\$40)

Understanding your specific body composition, metabolism and fitness level allows us to customize a program that will get you the results you want. Your Personal Trainer performs a fitness assessment and calculates your unique resting metabolic rate to establish calorie composition and expenditure required to meet your goals.

The Comprehensive Fitness Assessment includes blood pressure screening, body composition assessment, flexibility test, cardiovascular endurance analysis, and muscular endurance and strength tests. Your Personal Trainer will also conduct an analysis of health history, exercise history and fitness goals.

Appointments are available in Vilseck and Grafenwoehr (Monday - Saturday). For more information, call the Graf Physical Fitness Center at DSN: 475-9007, CIV: 09641-839007, or the Rose Barracks Fitness Center at DSN: 476-2998, CIV: 09662-832214.

PERSONAL TRAINING

with **MARIA REGESTER, PhD, AFP**

Comprehensive Fitness Assessment just \$30!

Got 75 Minutes?

I would love the opportunity to assist you in accomplishing your wellness needs! The journey to long-term quality health begins with taking the first step. I recommend that you understand where you are physically prior to engaging or modifying an exercise program. Employing *MicroFit* state of the art digital equipment, we will take a 75 minute Comprehensive Fitness Assessment of your health, including:

- Blood pressure
- Cardiovascular fitness
- Body Fat
- Circumference Girth
- Flexibility
- Strength

After reviewing these scores objectively, we will sit down to discuss your next step to achieving your goals with me or independently.

Yours in wellness,
Maria

For more info contact the Hohenfels Sports & Fitness office at DSN: 466-2493/2831 or CIV: 09472-83-2493/2831.

USAG HOHENFELS

1000 LB. CLUB

SATURDAY, FEBRUARY 21
11 a.m. in the Olympia Fitness Center, bldg. 47

To join the club, complete any combination of 3 events (bench press, squat, dead lift) totaling more than 1000 pounds.

All participants that successfully join the 1000 lb. Club will receive a t-shirt and bragging rights.

Event is free and open to all U.S. ID cardholders.

Super Bowl 2009

Sunday February 1st



Contact
SPC John Maki
for more information
DSN: 475-8822

Watch the
game on
flat screen
TV's!





SPECIAL EVENTS AT USAG GRAFENWOEHR

NIKKI BARR BAND

Alternative Rock Band

Date: January 2

Time: 8 p.m.

Location: The Zone Sports Bar, Rose Barracks Bldg. 607

52ND ANNUAL GERMAN-AMERICAN VOLKSFEST

Initial Booth Registration

Date: January 1-31

Initial Planning Meeting

Date: February 7

Time: 2 p.m.

Location: Bldg. 103

Final Cut-off for Booth Requests Meeting

Date: February 25

Time: 6 p.m.

Location: Bldg. 103

Booth Placement and Fest Layout Meeting

Date: March 18

Time: 6 p.m.

Location: Bldg. 539 conf. room

ARMED FORCES ENTERTAINMENT PRESENTS
nikibarrband

www.nikibarr.com

SOUND IN BLOOM

The Niki Barr Band's latest album *Bloom* showcases a distinct hard-hitting, edgy rock sound. While Barr commands respect with soaring vocals, explosive guitar wielding and smoking key work, she's perfectly complimented by the band's impressive guitar, bass and drums. Showing off more musical intensity than ever, this group's sound is definitely in bloom.

ARMED FORCES ENTERTAINMENT

COMING TO A THEATER NEAR YOU.
Register to win this custom guitar at armedforcesentertainment.com

52nd Grafenwoehr German-American Volkstfest

2009 Participation Request Form

Requester's Information

Name of Organization: _____

Type of Organization: Unit Family Readiness Group Private Organization Other: _____

Primary POC Name: _____

Phone: _____

Email: _____

Alternate POC Name: _____

Phone: _____

Email: _____

What kind of items do you sell? _____

What kind of services do you provide? _____

First planning meeting is February 7 at 2 p.m. in Bldg. 103, Grafenwoehr.

For more information, call DSN: 475-6167 or CIV: 09641-83-6167.
Please return forms to Special Events Coordinator, Neville Paschall, at Bldg. 103 in Grafenwoehr; or email form to neville.paschall@eur.army.mil; or fax form to DSN: 475-6322.

More detailed information will be required from the organization at a later date.



HIGHLIGHTS

MWR PERFORMING ARTS CENTER EVENTS



THE SHADOW BOX

by Michael Cristofer:

This Pulitzer Prize and Tony Award-winning play draws three distinct family stories into a uni-

versal tale of mortality. Set in a west coast hospice, the stories are introduced individually. As the two-act play unfolds the stories begin to merge and eventually blend into a chorus that captures the range of thought and emotion for all who struggle with dying.

Auditions will be held January 5-7 from 5:30-7:30pm at the Grafenwoehr Performing Arts Center, Bldg. 102/103. We are casting roles for four adult male, four adult female and one teenage boy.

MISS NELSON IS MISSING! by Jeffrey Hatcher: Based upon the popular Miss Nelson series, a classroom of unruly students treat their caring and lovely teacher with complete disrespect. They

throw spitballs during story-time and refuse to sit in their seats during math. She retaliates by dressing up as a substitute teacher named Miss Viola Swamp and terrorizes them with piles and piles of homework. In the end the students write a letter of apology to Miss Nelson and she returns to find a classroom full of well-behaved students.

Auditions will be held February 3 at 7 p.m., February 4 at 4 p.m. and February 5 at 7 p.m. at the Grafenwoehr Performing Arts Center, Bldg. 102/103. We are casting adults of all ages and young adults ages 13-17 for four female and six male roles.

Anyone under 18 interested in auditioning must have a parent or guardian present at the time of audition. In-house perusal of the script is available at the Performing Arts Center.

For The Shadow Box, stop by after December 22, 2008 during facility's open hours. For Miss Nelson is Missing!, stop by the Performing Arts Center after January 19. Call DSN: 475-6426 or CIV: 09641-83-6426 for more info.

PERFORMANCES

The Shadow Box February 27-28 and March 5-7 at 7 p.m.

Miss Nelson is Missing! March 27 and April 2-3 at 7 p.m. March 28-29 and April 4-5 at 2 p.m.

For ticket prices, call DSN: 475-6426 or CIV: 09641-83-6426.

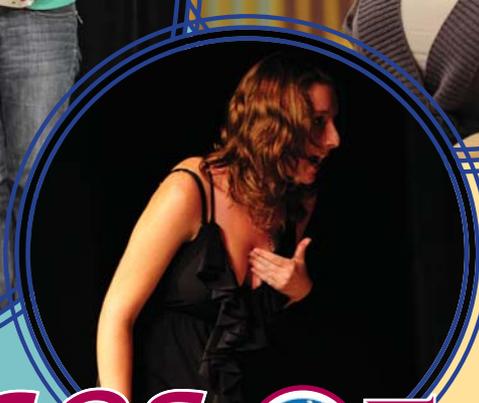
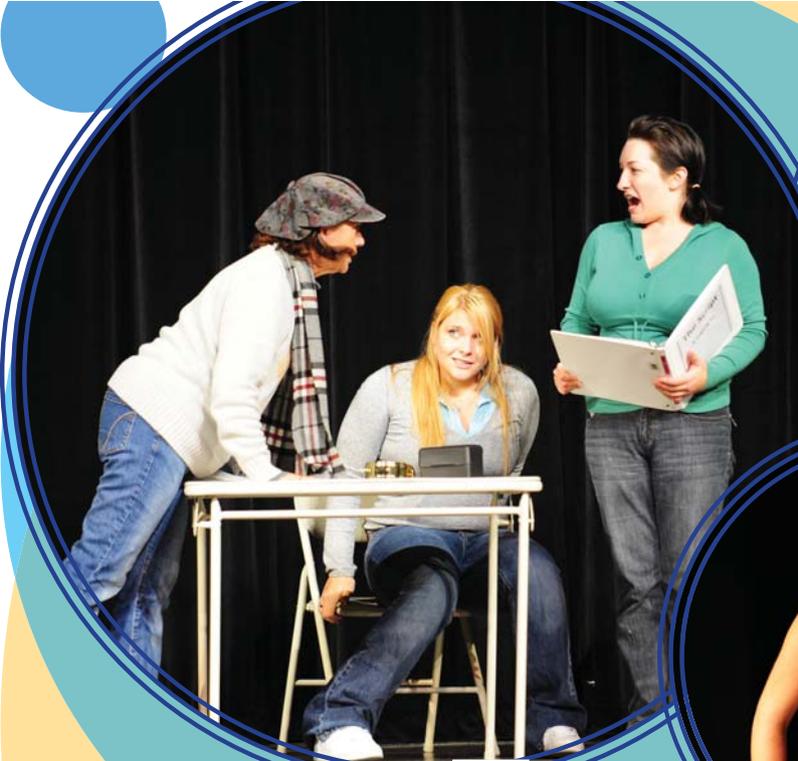
52nd Grafenwoehr German-American Volkfest
2009 Participation Request Form

MPS



U.S. Army Garrison Grafenwoehr
Directorate, Morale, Welfare and Recreation
Special Events Office
Unit #28130
APO, AE 09114

Please staple or tape your registration form shut before mailing. Thank you!



THE *Faces* OF MWR



Will you be one of the Faces of MWR?

We welcome Joline Powell to our Performing Arts Center. Join us at one of our many great plays this year! CYS Services continues to offer fun filled programs and events for kids of all ages. We kicked off the Christmas Season with the lighting of the Christmas Trees in Graf and Vilseck. We hope you got to have some Gluewein while the kids visited Santa Claus!



Winter Word Search

Find the winter words! The words can be forwards or backwards, vertical, horizontal or diagonal. When the winter word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about winter.

BLIZZARD
COLD
DECEMBER
DRIFTS
FEBRUARY

FREEZING
FROST
HOCKEY
ICE
ICICLES

JANUARY
MARCH
SHOVEL
SKATE
SKIING

SNOWMAN
SLUSH
SNOWSTORM
TOBBOGAN
WIND CHILL

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | W | I | N | D | C | H | I | L | L | B | N | T | H | E |
| N | E | O | R | T | H | E | C | R | N | L | H | E | M | I |
| S | P | T | H | E | R | E | E | W | I | I | N | T | E | R |
| S | S | T | A | O | L | S | T | I | C | Z | E | O | F | C |
| N | H | O | C | K | E | Y | G | N | I | Z | E | E | R | F |
| O | C | B | U | R | S | S | D | E | C | A | B | E | O | M |
| W | B | B | E | R | C | T | W | E | N | R | D | T | S | Y |
| M | R | O | T | S | W | O | N | S | U | D | R | K | T | F |
| A | I | G | R | S | H | T | L | A | O | R | I | T | W | E |
| N | N | A | T | Y | C | S | R | D | E | I | F | C | O | S |
| J | A | N | U | A | R | Y | N | D | N | H | T | I | H | T |
| I | S | T | H | E | A | D | A | G | Y | W | S | O | I | T |
| H | T | R | E | B | M | E | C | E | D | H | V | U | E | L |
| E | A | S | T | A | M | O | U | N | T | E | O | F | L | D |
| A | Y | L | I | G | I | C | I | C | L | E | S | H | T | S |

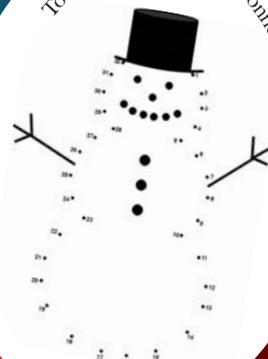
What's Irish and stays out all night?

Patty O'furniture!

What kind of flower do you never give on Valentine's Day?

cauliflower!

To make this snowman, connect the dots!



MWR Phone Listing

Army Community Service

| | |
|---------------|----------|
| Garmisch | 440-3777 |
| Grafenwoehr | 475-8371 |
| Hohenfels | 466-4860 |
| Rose Barracks | 476-2650 |

Army Lodging/Billeting

| | |
|---------------|--------------|
| Garmisch | 440-3308 |
| Grafenwoehr | 475-1700 |
| Hohenfels | 466-1700 |
| Rose Barracks | 09662-441101 |

Arts & Crafts

| | |
|-------------|----------|
| Garmisch | 440-3475 |
| Grafenwoehr | 475-6101 |
| Hohenfels | 466-2538 |

Auto Skills Center

| | |
|---------------|----------|
| Garmisch | 440-3580 |
| Grafenwoehr | 475-6239 |
| Hohenfels | 466-2690 |
| Rose Barracks | 476-2521 |

BOSS

| | |
|-------------|----------|
| Grafenwoehr | 475-8822 |
| Hohenfels | 466-4028 |

Bowling Centers

| | |
|---------------|----------|
| Grafenwoehr | 475-6177 |
| Hohenfels | 466-4611 |
| Rose Barracks | 476-2576 |

Clubs & Lounges

Grafenwoehr

| | |
|-------------------|----------|
| Lane 25 | 475-8252 |
| Tower View Lounge | 475-6200 |

Hohenfels

| | |
|---------------------|----------|
| The Zone Sports Bar | 466-2000 |
|---------------------|----------|

Rose Barracks

| | |
|---------------------|----------|
| Langenbruck Center | 476-2360 |
| The Zone Sports Bar | 476-3733 |

Community Activity Center

| | |
|-------------------------------|----------|
| Garmisch Pete Burke Center | 440-2638 |
| Grafenwoehr | 475-6167 |
| Hohenfels | 466-2840 |
| Rose Rec Center-Rose Barracks | 476-6167 |

Libraries

| | |
|---------------|----------|
| Garmisch | 440-2467 |
| Grafenwoehr | 475-1740 |
| Hohenfels | 466-1740 |
| Rose Barracks | 476-1740 |

Child & Youth Services

Garmisch

| | |
|----------------------|----------|
| Central Registration | 440-2684 |
| Child Dev. Center | 440-2684 |
| School Age Services | 440-2654 |
| MS/Teen Center | 440-2600 |
| Youth Sports | 440-2599 |

Grafenwoehr

| | |
|----------------------|----------|
| Central Registration | 475-6655 |
| Child Dev. Center | 475-7180 |
| School Age Services | 475-6161 |
| MS/Teen Center | 475-7441 |

Hohenfels

| | |
|---------------------|----------|
| Child Dev. Center | 466-4707 |
| Family Child Care | 466-2157 |
| School Age Services | 466-2822 |
| MS/Teen Center | 466-4492 |

Rose Barracks

| | |
|----------------------|----------|
| Central Registration | 476-2760 |
| Child Dev. Center | 476-2651 |
| School Age Services | 476-2556 |
| MS/Teen Center | 476-3144 |
| Youth Sports | 476-4037 |

Netzberg

| | |
|---------------------|----------|
| Child Dev. Center | 475-9478 |
| School Age Services | 475-9490 |
| MS/Teen Center | 475-9393 |

Information, Tickets & Reservations

| | |
|---------------|----------|
| Grafenwoehr | 475-7402 |
| Hohenfels | 466-2670 |
| Rose Barracks | 476-2563 |

Internet & Coffee Shops Cafes

| | |
|------------------------|----------|
| Graf Alternate Escapes | 475-6177 |
| RB Alternate Escapes | 476-2360 |

NAF Civilian Personnel Office

| | |
|-------------|----------|
| Grafenwoehr | 475-6886 |
| Hohenfels | 466-2771 |

Outdoor Recreation

| | |
|---------------|----------|
| Garmisch | 440-2461 |
| Grafenwoehr | 475-7402 |
| Hohenfels | 466-2060 |
| Rose Barracks | 476-2563 |

Tax Relief Office

| | |
|---------------|----------|
| Garmisch | 440-3711 |
| Grafenwoehr | 475-1780 |
| Hohenfels | 466-1780 |
| Rose Barracks | 476-1780 |

Restaurants

Garmisch

| | |
|--------------|----------|
| Coffee Baron | 440-2384 |
| Dolomiti's | 440-3495 |

Grafenwoehr

| | |
|---------|----------|
| Lane 25 | 475-6752 |
|---------|----------|

Hohenfels

| | |
|-----------------|----------|
| Sam's Rib Shack | 466-2000 |
|-----------------|----------|

Rose Barracks

| | |
|-------------|----------|
| Java Cafe | 476-2360 |
| Tumbleweeds | 476-3699 |

Special Events

| | |
|-------------|----------|
| Grafenwoehr | 475-6167 |
| Hohenfels | 466-2340 |

Sports

Garmisch

| | |
|------------------------|----------|
| Mueller Fitness Center | 440-2747 |
|------------------------|----------|

Grafenwoehr

| | |
|-------------------------|----------|
| Physical Fitness Center | 475-9007 |
|-------------------------|----------|

Hohenfels

| | |
|------------------------|----------|
| Olympia Fitness Center | 466-2726 |
| Post Gym | 466-2883 |

Rose Barracks

| | |
|----------------------------|----------|
| Rose Barracks Fitness Ctr. | 476-2214 |
| Memorial Fitness Ctr. | 476-2270 |

CIVILIAN Numbers

Dail prefix below and last four digits of DSN

Garmisch 08821-750-
Grafenwoehr 09641-83-
Hohenfels 09472-83-
Rose Barracks 09662-83-

Other important numbers:
Operator Assistance/Information

DSN: 0

CIV: 83-113

On-Post

Ambulance: 83-116

Fire: 83-117

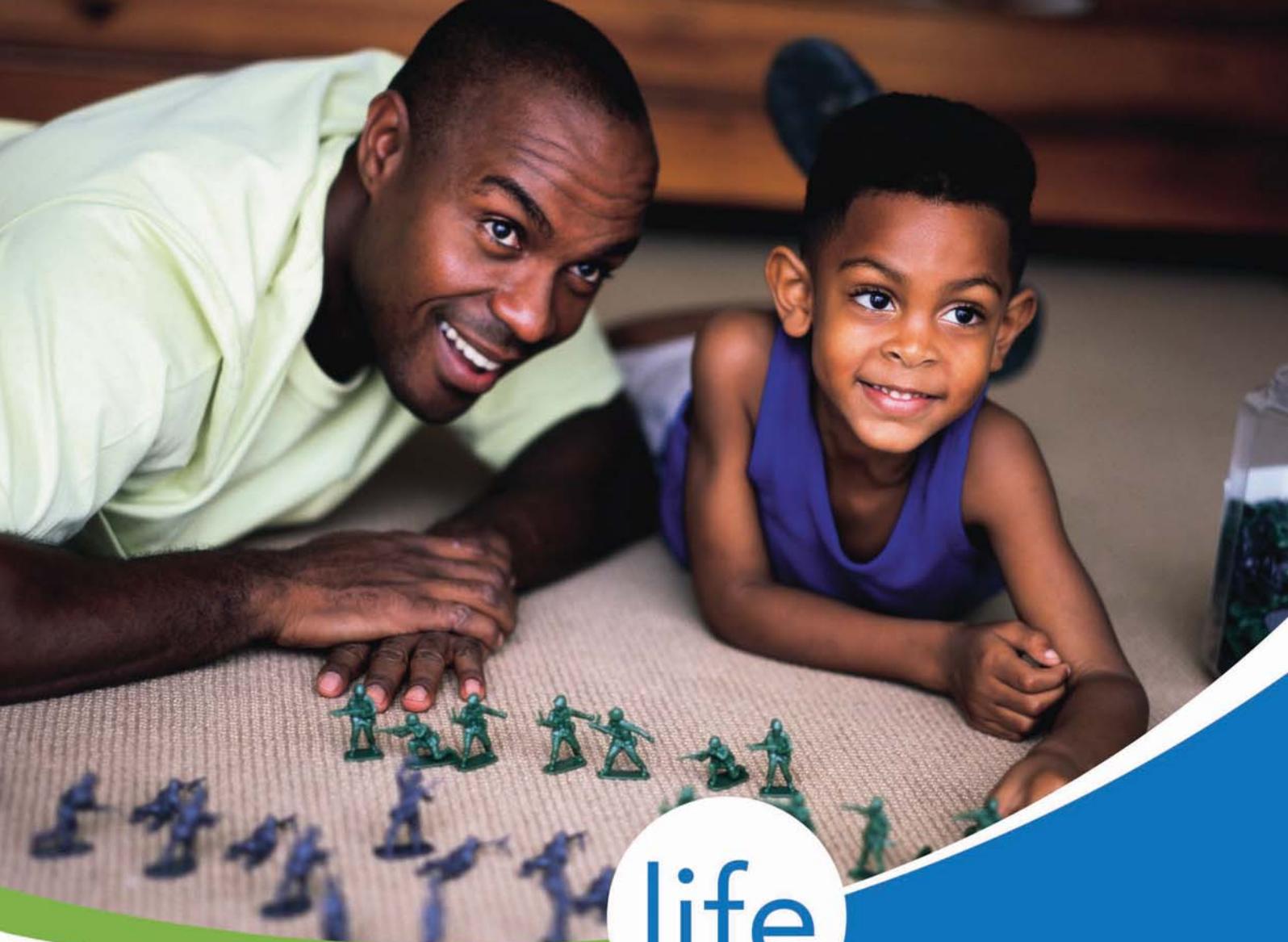
Military Police: 83-114

Off-Post

German Emergency: 110

German Fire Dept: 112





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