



AUGUST 2018

# NEWSLETTER



GARMISCH FAMILY AND MWR

ACS | CYS | LIBRARY | SPORTS & FITNESS

[GARMISCH.ARMYMWR.COM](http://GARMISCH.ARMYMWR.COM) | [FACEBOOK.COM/GARMISCHFMWR](https://FACEBOOK.COM/GARMISCHFMWR)

# LIBRARY

Hours of Operation  
Tuesday-Saturday: 11:30 a.m. - 6 p.m.

FREE WI-FI  
PRINTING

PUBLIC COMPUTERS  
LEARNING RESOURCES

NEW RELEASES  
MUSIC CDs

AUDIOBOOKS  
ACCOUNT ACCESS



## PRESCHOOL & TODDLER STORYTIMES

Thank you all for joining in the library's Summer Reading program and congratulations to our "Read-To-Me" participants! Storytime will take a break during the month of August. Enjoy your summer holidays and get ready for more Storytime fun on Thursdays at 10:30, beginning September 6.

## COOL DOWN WITH A HOT BOOK!

Check out our display of "hot" summer reads! Escape the heat and peruse the shelves in our comfortable, air-conditioned library. We have loads of bestselling books for every reading preference, as well as audiobooks, music and plenty of films for the entire family. Get fresh ideas for grilling, parties, picnics or simple light meals for warm summer evenings. Enjoy the lazy days of August. Beat the heat and relax at the library!

## WORLD WAR I DAYS OF TRIVIA DAILY THROUGHOUT AUGUST

Consider yourself a history buff? Test your WWI knowledge at the library with our "walk-in" trivia.

## BACK TO SCHOOL AT THE LIBRARY

Discover great educational resources accessible at no cost from the library. Young, old or somewhere in between, we have something for all ages and learning methods. [LearningExpress:Test Prep](#) provides online practice tests and study guides for a plethora of standardized exams including the ASVAB, DSST, GRE, SAT, LSAT, MCAT, TOEFL and many more. Language learners will want to explore [Mango Languages](#), an interactive online tool that incorporates listening, speaking, writing and reading skills in more than 70 languages. [BrainHQ](#) is an online brain-training system that offers 29 exercises specialized to work out your attention, brain speed, memory, people skills, navigation and intelligence. This is just a small sampling of the many resources we have available for all learners. Ask about our educational services and how we can help today!

## ARMY LIBRARY WORLD WAR I PROJECT

To commemorate the centennial of the United States of America entering WWI, the Army MWR Library has teamed up with partners to create the "Remember WWI Project." The project will run through December 2018, and can be accessed at [www.rememberww1.com](http://www.rememberww1.com). This website features short videos, lectures, an online book club and information about social customs and occurrences during wartime. Visit the library or website for more information on how you can join this ongoing observance of the 100th anniversary of WWI.

## DONATE YOUR DVD'S

Are old DVD's and Blu-Rays cluttering up your shelves? Are you ready to purge, but don't know where to get rid of your English movies? Donate them to the Library! They will be passed on to remote military facilities in Poland, Romania and Bulgaria. Help your household while supporting soldiers! Anything and everything is appreciated!



CHARCOAL  
WATERCOLOR  
MONOCHROMATIC

**\$12**

SUPPLIES INCLUDED

REGISTER BY AUGUST 26

GARMISCH CREATIVE WORKSHOP SERIES

# DRAWING

AUGUST 27, NOON - 2 P.M.

PETE BURKE COMMUNITY CENTER

REGISTER AT THE MUELLER FITNESS CENTER B119 OR THE VAT OFFICE B203, RM 116A

U.S. ARMY  
**MWR**  
USAG BAVARIA



[garmisch.armymwr.com](http://garmisch.armymwr.com)

# SPORTS & FITNESS

## MUELLER FITNESS CENTER

### Hours of Operation

Monday - Friday: 5:30 a.m. - 8 p.m.

Sunday: 10:30 a.m. - 7 p.m.



### SOFTBALL

Games: Mondays, Tuesdays and Thursdays 6 & 7 p.m.

SAUNA

GYMNASIUM

MASSAGE TREATMENT

PERSONAL TRAINING



### SCAT

(Strength Cardio Agility Training)

Great way to burn fat, lose weight and get ultra-fit. This class is designed in the circuit format and is easy to follow at your own level of fitness.

### POWER WALKING

One hour fast tempo walk covering approximately three miles including exercises stops. This class helps to burn fat, shape and tone muscle, build bone strength and reduce stress.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 NOON SCAT	3	4 CLOSED
5	6 9 A.M. POWER WALKING	7 NOON SCAT	8	9 NOON SCAT	10	11 CLOSED
12	13 9 A.M. POWER WALKING	14 NOON SCAT	15	16 NOON SCAT	17	18 CLOSED
19	20 9 A.M. POWER WALKING	21 NOON SCAT	22	23 NOON SCAT	24	25 CLOSED
26	27 9 A.M. POWER WALKING	28 NOON SCAT	29	30 NOON SCAT	31	

### ASSESSMENTS

Do you want to keep your health and fitness under control? You can schedule an appointment for your monthly assessment and check your actual performance. Each assessment lasts about 30 minutes and will evaluate:

- Cardiovascular: 1 mile treadmill walk or 1.5 mile treadmill run
- Muscle endurance: push-ups or crunches
- Core strength
- Flexibility
- Balance
- Body composition

Prizes for the first 3 male and female at the end of the year! Sign-up at the front desk.



# Army Community Service ACS

## Hours of Operation

Monday - Friday: 7:30 a.m. - noon and 1- 4 p.m.

ARMY EMERGENCY RELIEF  
EMPLOYMENT READINESS

SEXUAL HARASSMENT  
FINANCIAL ASSISTANCE

FAMILY ADVOCACY PROGRAM  
RELOCATION READINESS

### GAP DINING OUT AUGUST 16

Regardless of how long you have been here, this is an opportunity to help you get acquainted or stay connected with your community and its members. We will explore and dine at different restaurants throughout the area. Advanced registration is required by the Wednesday prior.



## GARMISCH PLAYGROUP

Playroom at the Pete Burke Center  
Tuesdays, 9:30-11 a.m.

share ideas, concerns and wisdom on life as a parent in Germany, all while your children play!

New Parent Support Program (NPSP)  
Army Community Service (ACS), B203  
DSN 440-3642/3777, CIV 08821-750-3642/3777  
garmisch.armymwr.com



### EMPLOYMENT READINESS PROGRAM CLASSES & ONE-ON-ONE

The Employment Readiness Program provides information and referral services on employment, education, training, transition and volunteer opportunities to give Family members the competitive edge needed to secure meaningful employment. ERP offers up-to-date information on available employment opportunities, market and job trends, education and volunteer resources to help individuals make informed decisions when seeking employment experience!

## NEED TO TALK?

Military & Family Life Consultants (MFLC) are available to help Service Members, spouses, Children and staff.  
CALL 0170-7080-744 TO SCHEDULE AN APPOINTMENT.

# SCHOOL AGE CENTER



## Hours of Operation

School Days: 2:30 - 6 p.m.

School Out Days: 7:45 a.m. - 6 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<b>SUMMER WEEK 7:</b> <i>Alpine</i>	30 Breakfast/Journal Open Areas Picnic Open Areas Snack/Read Aloud Biome Intro Open Areas Outside Play	31 Breakfast/Journal Open Areas Biome Intro Outdoor Play Lunch/Silent Read Group Game Water Play Snack/Read Aloud Mountain Ranges Open Areas Outside Play	1 Breakfast  Trip Prep  Open Areas	2 Breakfast/Journal Open Areas Library School Playground Lunch/Silent Read Team Building Forest Time Snack/Read Aloud Fun Fitness Open Areas	3 Breakfast Trip Prep Hike Lunch/Silent Read Group Relay Water Play Snack/Read Aloud Magnet Games First Aid Outside Play	4			
	<b>SUMMER WEEK 8:</b> <i>Prairie</i>	6 Breakfast/Journal Open Areas Biome Intro Outdoor Play Lunch/Silent Read Group Game Colonial Wash Play Snack/Read Aloud Settlers of Catan Open Areas Outside Play	7 Breakfast/Journal Open Areas Bread and Butter Outdoor Play Lunch/Silent Read Group Game Open Areas Snack/Read Aloud Open Areas	8 Breakfast/Journal Open Areas Library School Playground Lunch/Silent Read Team Building Forest Time Snack/Read Aloud Fun Fitness Open Areas Outside Play	9 Breakfast  Trip Prep	10 Breakfast Trip Prep Hike Lunch/Silent Read Group Relay Water Play Snack/Read Aloud Flower Press Open Areas Outside Play	11		
		<b>SUMMER WEEK 9:</b> <i>Forest</i>	13 Breakfast/Journal Biome Intro Outdoor Play Lunch/Silent Read Group Game Water Play Snack/Read Aloud Bird Feeders Open Areas Outside Play	14 Breakfast/Journal Open Areas Camping Outdoor Play Lunch/Silent Read Group Game Open Areas Snack/Read Aloud S'Mores Open Areas	15 Breakfast/Journal Open Areas Library School Playground Lunch/Silent Read Team Building Forest Time Snack/Read Aloud Fun Fitness Open Areas Outside Play	16 Breakfast  Trip Prep  Outside Play	17 Breakfast/Journal Open Areas Paper Making Outdoor Play Lunch/Silent Read Group Relay Water Play Snack/Read Aloud Navigation Open Areas Outside Play	18	
			<b>SUMMER WEEK 10:</b> <i>Nostalgia</i>	20 Breakfast/Journal Open Areas Recycled Fashion Outdoor Play Lunch/Silent Read Group Game Water Play Snack/Read Aloud Fashion Show Open Areas Outside Play	21 Breakfast/Journal Open Areas Woven Bracelets Outdoor Play Lunch/Silent Read Group Game Open Areas Snack/Read Aloud Open Areas	22 Breakfast/Journal Open Areas Trip Lunch/Silent Read Team Building Forest Time Snack/Read Aloud Fun Fitness Open Areas Outside Play	23 Breakfast/Journal Open Areas Field Day Outdoor Play Kid Choice Lunch Group Game Open Areas Snack/Read Aloud T-shirt Signing Open Areas Summer Party	24 Breakfast/Journal Open Areas Summer Favorites Outdoor Play Lunch/Silent Read Group Relay Water Play Snack/Read Aloud S'Mores Open Areas Outside Play	25
				27	28	29	30	31	

School Age Center Summer 2018

## Globality: Back to Nature!

Each week focuses on a different biome and begins by learning all about the animals and other features of the environment. Discussions will include environmental changes, survival skills in each climate and mapping out each biome across the world.

Every week features a thematic tag game, team building challenge, play in the forest along with fun field trips and hikes!

After going through the eight major biomes and adventuring out on field trips, the summer will wrap up with classic summer camp activities with a s'mores party on the last day of summer!



Garmisch Youth Center

# SUMMER CAMP ACTIVITIES

# DAILY ACTIVITIES

## PART I: MONOCHROMATIC ART

Weeks 1 & 2: June 18-22; 25-29

- Charcoal Art
- Garmisch in Monochrome
- Dimension Drawing
- Animal Sketches
- Still Life Art
- Macro Portraits

## PART II: PHOTOGRAPHY

Weeks 3 & 4: July 2-6; 9-13

Weeks 5 & 6: July 16-20; 23-27

Week 7: July 30-August 3

- Photography Basics
- Nature Photography
- Portraits
- Lighting Work
- Culture & Tradition
- Long Exposure
- Disposable Cameras
- Film Photography
- Still Life

## PART III: MULTIMEDIA ART

Weeks 8 & 9: August 6-10; 13-17

- Collages
- Recycled Sculpture
- Acrylic Paint
- Oil Paint
- Painting Basics
- Colored Pencil Art
- Oil Pastels
- Paint Along

## TRANSITION WEEK

August 20-24

Welcome new sixth graders!

## EDUCATIONAL SUPPORT AND CAREER DEVELOPMENT

- Reading
- Creative Writing
- Poetry
- Personality Tests
- College Research
- LinkedIn
- Math Games
- Scrabble
- Strategy Games

## CHARACTER AND LEADERSHIP DEVELOPMENT

- Field Trip Help
- SAC Help
- SLC Planning
- Kitchen Help
- Boys/Girls Group
- Team Building
- Group Games
- Group Projects
- Band Camp

## SPORTS, FITNESS AND RECREATION

- H.O.R.S.E.
- 4 Square
- Table Tennis
- Foosball
- Hopscotch
- Pogo Sticks
- Tag Games
- Twister
- Dance Party

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## HEALTH, WELLNESS AND LIFE SKILLS

- Healthy Snacks
- Culinary Club
- Recipe Research
- Dinner Planning
- Outside Time
- Yoga
- Meditation
- Walking
- Sports Camps

## THE ARTS (S.T.E.A.M.)

- Open Art
- Clay
- Sidewalk Chalk
- Math Games
- Erector Set
- Lego Building
- Coding
- Spheros
- Little Bits

## EVERY FRIDAY NIGHT: DINNER, GAMES AND MORE!

GRADES 6-12 | MONDAY - THURSDAY 1-6 P.M. | FRIDAY 2-10 P.M.  
CONTACT THE YOUTH CENTER: DSN 440-2600, CIV 08821-750-2600



GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR

**U.S. ARMY  
2018**

# ARTS AND CRAFTS CONTEST

U.S. Army Arts & Crafts  
Contest recognizes  
the artistic talent  
and creativity in  
two experience levels  
(novice & accomplished)  
in nine categories.

Categories: ceramic,  
digital, fiber, glass,  
metal art, paintings,  
wood, mixed media,  
digital arts

Go here to begin mission  
[ArmyMWR.com/ArtsandCrafts](http://ArmyMWR.com/ArtsandCrafts)

Start Date:  
June 25

End Date:  
August 27



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND

[ArmyMWR.com](http://ArmyMWR.com)

