



U.S. ARMY
MWR
USAG BAVARIA

SEPTEMBER 2019

NEWSLETTER



G A R M I S C H F A M I L Y A N D M W R

ACS | CYS | LIBRARY | SPORTS & FITNESS | SERVICES

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR



GARMISCH'S *Labor* **DAY**

**STROLLER
& FAMILY
FRIENDLY**

5K FUN RUN

SEPTEMBER 1 @ 9:30 AM

MUELLER FITNESS CENTER

FOR MORE INFORMATION PLEASE CONTACT

MUELLER FITNESS CENTER
B119 GERNACKERSTRASSE, SHERIDAN KASERNE
DSN 440-2747, CIV 08821-750-2747

GARMISCH.ARMYMWR.COM



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



**DELIVERY
SERVICE
AVAILABLE**

CALL FOR
DETAILS

AUTUMN NAF SALE & FLEA MARKET

SEPTEMBER 7
9 AM - 4 PM

ARTILLERY KASERNE, B262
OLD THEATRE & DFAC PARKING LOT

RESERVE YOUR SPOTS

BY CONTACTING

DSN 440-3702 OR CIV 08821-750-3702

\$10 PER SPOT/ \$15 WITH TABLE

**RESERVE
YOUR SPOTS
BY AUGUST 28**

OPEN
TO ID
CARDHOLDERS
ONLY

GARMISCH.ARMYMWR.COM



U.S. ARMY
MWR
USAG BAVARIA

NEW!

\$2 per hour

3D PRINTING

at your library



GARMISCH COMMUNITY LIBRARY
B725 AM HERRGOTTSCHROFEN, ARTILLERY KASERNE

DSN 440-2467, CIV 08821-750-2467 GARMISCH.ARMYMWR.COM



U.S. ARMY
MWR
USAG BAVARIA

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**

DEFEND THE FIRST AMENDMENT.... READ A BANNED OR CHALLENGED BOOK

Winnie-the-Pooh . . . Harry Potter . . . The Great Gatsby . . . What's your favorite book? Chances are good that someone has challenged it or tried to ban it. Every year, there are hundreds of attempts by individuals or groups to remove books from schools and libraries. The freedom to read is essential to our democracy and reading is among our greatest freedoms. The books featured on our September display have all been targeted for removal in libraries or schools for various reasons. You'll be surprised by many of the titles. Celebrate your **FREEDOM** to read and your right to choose your own book during Banned Books Week.

BACK TO SCHOOL @ THE LIBRARY

Discover great educational resources accessible at no cost from your library. Young, old or somewhere in between, we have something for all ages and learning methods.

LEARNING EXPRESS: 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 over 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.

HISPANIC HERITAGE MONTH

"Hispanic Americans: A History of Serving our Nation" Visit our special display at the library celebrating and reflecting on Hispanic and Latino American service, culture, heritage and contributions. Read a book or watch a film this month to expand your knowledge about the unique characteristics of Hispanics and Latinos who have enriched our national history.

STEAM TUESDAYS

3:30-4:30 p.m.

Come to the library every Tuesday and exercise your brain with engrossing Science, Technology, Engineering, Arts and Mathematics-based programming. Fun topics will include patterning, coding, simple machines, and collage à la Henri Matisse.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 PRESCHOOL STORYTIME 10:30 A.M.	6	7 SATURDAY MATINÉE 3 P.M.
8	9	10	11	12 TODDLER STORYTIME 10:30 A.M.	13	14 SATURDAY MATINÉE 3 P.M.
15	16	17 STEAM TUESDAY 3:30-4:30 P.M. BOOK DISCUSSION GROUP, 7 P.M.	18	19 PRESCHOOL STORYTIME 10:30 A.M.	20	21 SATURDAY MATINÉE 3 P.M.
22	23	24 STEAM TUESDAY 3:30-4:30 P.M.	25	26 TODDLER STORYTIME 10:30 A.M.	27	28 SATURDAY MATINÉE 3 P.M.
29	30					

PRESCHOOL & TODDLER STORYTIME

Thursdays, 10:30 a.m.
September 5 & 19: Preschool ages 3+
September 12 & 26: Toddlers ages 3-
Join us for fun stories, songs and activities!
It's never too early to introduce your child to the wonders of stories and reading.

SATURDAY MATINÉE

Saturdays, 3 p.m., Pete Burke Center
Contact the library for film selections and ratings. Movies are shown on the big screen TV. Bring your own snacks. Children must be accompanied by a caregiver.

BOOK DISCUSSION GROUP

September 17, 7 p.m.

Join us in reading *The Left Hand of Darkness*, By Ursula K. Le Guin
Ursula Le Guin revolutionized science fiction with this 1969 novel, winning both the Hugo Award and the Nebula award, a first for a woman, and only the second overall to win both. "The Left Hand of Darkness" addresses the social consequences of contact between people from different planets while exploring the themes of religion, culture and gender.

GET YOUR VCR, DVD OR BLURAY PLAYER AT THE GARMISCH LIBRARY

Rent a device to play free AAFES new release VHS tapes, DVDs or BluRay discs

\$2/2 DAY RENTAL OR \$5 PER WEEK. CASH ONLY.

FOR MORE INFORMATION, PLEASE CONTACT THE LIBRARY AT
8725 AM HERRGOTTSCROFEN, ARTILLERY KASERNE
DSN 440-2467, CIV 08821-750-2467



Hours of Operation

Monday - Friday: 8 a.m. - noon and 1- 5 p.m.

Army
Community
Service

ACS

ARMY VOLUNTEER CORPS
EMPLOYMENT READINESS

INFORMATION & REFERRAL
FINANCIAL ASSISTANCE

FAMILY ADVOCACY PROGRAM
RELOCATION READINESS



GAP DINING OUT SEPTEMBER 19

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 Tuesday prior.

NEW COMMUNITY MEMBERS

Explore the local community and find out how your new community works without doing everything yourself. This is a great opportunity to make some new friends, learn about local culture and experience local transportation. Pre-registration required.

NEWCOMER'S BRIEF

Fourth Thursday of every month, 9-10:30 a.m.
ACS Conference Room B203

NEWCOMER'S GAP TOUR

Fourth Friday of every month, 9 a.m.
We'll meet at the ACS Office B203

GARMISCH PLAYGROUP

Tuesdays, 9:30-11 a.m.

Pete Burke Community Center
B725 Artillery Kaserne

Share ideas, concerns and wisdom on life as a parent in Germany, all while your children play! Contact your New Parent Support Group today!

MEET . DISCUSS . ENJOY . LEARN

COFFEE TALK

FIRST FRIDAY OF THE MONTH
All adult community members are invited

BRING YOUR IDEAS ABOUT LIVING LIFE IN GARMISCH

PLEASE CALL FOR LOCATION AND MORE DETAILS

Army Community Service, B203
DSN 440-3572, CIV 08821-750-3572

garmisch.armymwr.com

ARMY COMMUNITY SERVICE

FINANCIAL FITNESS CHALLENGE

TUESDAYS, 9-10 A.M.

Oct. 1	PFC Overview
Oct. 8	TSP Basics
Oct. 15	Investment Basics
Oct. 22	Retirement Planning
Oct. 29	TSP Strategies
Nov. 6	Advanced Investing
Nov. 12	Family Financial Planning
Nov. 19	Spending Plans

LEARN HOW TO GET & KEEP YOUR FINANCES IN GREAT SHAPE!

MWR/ACS CONFERENCE ROOM, B203 RM 106

To register, please call CIV 08821-750-3572 or DSN 440-3572 or RESERVE YOUR SPOTS AT acsbazaria.checkpointmwr.com

More information about each class at garmisch.armymwr.com

NEED TO TALK?

MILITARY AND FAMILY LIFE COUNSELORS (MFLC) are available to help Service Members and their families and can assist individuals, couples, families and groups.

To schedule a time to meet, call 0170-708-0744.

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.

Saturdays and Federal Holidays: Closed



SAUNA

GYMNASIUM

MASSAGE TREATMENT

PERSONAL TRAINING

VINYASA YOGA

In this class, practice various postures by linking breath and movement together to create a flowing sequence of asanas with a fluid transition.

SLOW FLOW YOGA

The more gentle nature of this class is great for beginners, but is also wonderful for intermediate and advanced students who feel like slowing it down and sinking deeper into their practice.

FULL BODY BLAST

This class combines cardio, strength and power relying majorly on body weight training. Conducted in the circuit training format, the class is designed to build muscular strength while slimming down and strengthening the core.

POWER WALKING

One hour fast tempo walk covering approximately 3 miles including exercises stops. This class helps to burn fat, shape and tone muscle, build bone strength and reduce stress.

SPIN-N-FLEX

Combines an intense indoor cycling workout using various cycling techniques from hill climbing and sprinting and short session of flexibility exercise at the end. This is a great way to work on cardio, strength and flexibility at once.

CORE & MORE

Walk taller, feel stronger! This challenging class works to tone and condition all major muscles of the torso with the aim of increasing spinal stability, essential for posture and health.

OUTDOOR FITNESS GROUP

Look around you: the world is your gym. We'll meet at 1 p.m. on Sundays, rain or shine, and explore local trails while running, biking or snowshoeing.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	CLOSED	6:30 P.M. VINYASA YOGA 6:30 P.M. KICKBALL	6-7:30 A.M. FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	NOON CORE & MORE 5:30 P.M. SPINNING		CLOSED
8	9	10	11	12	13	14
1-3 P.M. OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	9 A.M. POWER WALKING 5:30 P.M. SPINNING	6:30 P.M. VINYASA YOGA 6:30 P.M. KICKBALL	6-7:30 A.M. FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	NOON CORE & MORE 5:30 P.M. SPINNING		CLOSED
15	16	17	18	19	20	21
1-3 P.M. OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	9 A.M. POWER WALKING 5:30 P.M. SPIN-N-FLEX	6:30 P.M. VINYASA YOGA 6:30 P.M. KICKBALL	6-7:30 A.M. FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	NOON CORE & MORE 5:30 P.M. SPINNING		CLOSED
22	23	24	25	26	27	28
1-3 P.M. OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	9 A.M. POWER WALKING 5:30 P.M. SPINNING	6:30 P.M. VINYASA YOGA 6:30 P.M. KICKBALL 6:30 P.M. SOCCER	6-7:30 A.M. FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	NOON CORE & MORE 5:30 P.M. SPINNING 6:30 P.M. SOCCER		CLOSED
29	30					
1-3 P.M. OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	9 A.M. POWER WALKING 5:30 P.M. SPIN-N-FLEX					

Check out new **FITNESS CLASSES** this month!
Classes are on first come first serve basis.
Fee \$6 per class.

>> **SKI CONDITIONING STARTS IN OCTOBER!** <<

FITNESS ASSESSMENTS

Do you want to keep your health and fitness under control? Schedule an appointment for your monthly assessment and check your actual performance. Each assessment lasts about 30 minutes and evaluates:

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

Make appointment at the front desk.

SCHOOL AGE CENTER



Hours of Operation

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

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

WELCOME BACK TO SCHOOL!

Summer was amazing and full of fabulous freedom, trips and adventures and the school year will bring more of the same!
This month we will launch our Jr. Torch Club, the leadership group that will take charge in planning our activities and events!

We will also dive into a special art project: beading projects and bracelet basics!

Every child registered with CYS is eligible for four free hours of care per month. Sign you child up for one of our clubs!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	2 CLOSED Labor Day	3 STEM CLUB Neighborhood Scavenger Hunt	4 ANYTHING GOES New SAC Welcome Board II	5 ART CLUB Beaded Name Keychains	6 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	7
8	9 BOYS & GIRLS CLUB SAC Birthday Board	10 STEM CLUB Giant Bubbles	11 ANYTHING GOES Jr. Torch Intro & Powerpoints Chat	12 JR. TORCH CLUB October Planning ART CLUB Dream Catchers I	13 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	14
15	16 BOYS & GIRLS CLUB Elbow Tag	17 LIBRARY STEAM WORKSHOP 3:30-4:30 p.m.	18 ANYTHING GOES Froggy Mafia game	19 JR. TORCH CLUB Year Event Planning ART CLUB Dream Catchers II	20 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	21
22	23 BOYS & GIRLS CLUB Fall Leaf Collage	24 LIBRARY STEAM WORKSHOP 3:30-4:30 p.m.	25 ANYTHING GOES Yoga	26 JR. TORCH CLUB Dance Planning ART CLUB Beaded Bracelets	27 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	28
29	30 BOYS & GIRLS CLUB Extreme Hopscotch	HOMEWORK HELP AND TECH LAB ARE ALSO AVAILABLE DAILY.				

YOUTH CENTER



Hours of Operation

School Days: Monday - Thursday: 2:30 - 6 p.m.; Friday: 2:30 - 10 p.m.

School Out Days: Monday - Friday: 1 - 6 p.m.; select Fridays: 2 - 10 p.m.

WELCOME TO A NEW SCHOOL YEAR!

Summer was amazing and full of fabulous freedom, trips and adventures and the school year will bring more of the same! This month features Student Leadership Club on Tuesdays at Lunch, this group that will take charge in planning our activities and events! We will also dive into a special art project: beading activities and bracelet basics! A special Tie Dye day will happen on September 16. Hope to see you this month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	2 CLOSED Labor Day	3 LIFE SKILLS Survival Guide to Life	4 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	5 GIRLS' CLUB Interest Meeting I ANYTHING GOES Froggy Murderer Game	6 GIRLS' CLUB Interest Meeting II CULINARY CLUB Kid's Choice Dinner FRIDAY SPORTS	7
8	9 A.W.E. DIY Earrings	10 FIRST SLC MEETING DURING LUNCH LIFE SKILLS Strength Challenge	11 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	12 ANYTHING GOES Giant Bubbles	13 GIRLS' CLUB Intro to Club CULINARY CLUB Pizza & Salad FRIDAY SPORTS	14
15	16 A.W.E. Tie Dye (bring your own white attire)	17 LIFE SKILLS Video Game Addicts: Are you?	18 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	19 ANYTHING GOES Twister	20 GIRLS' CLUB Session 1 CULINARY CLUB Kid's Choice Dinner FRIDAY SPORTS	21
22	23 A.W.E. Watercolors	24 LIFE SKILLS H.O.R.S.E.	25 FUNCTIONAL FITNESS 3:30-5 p.m. Artillery Gym	26 ANYTHING GOES Spoons	27 GIRLS' CLUB Session 2 CULINARY CLUB Taco Bar FRIDAY SPORTS	28
29	30 A.W.E. Beaded Bracelets					

HOMESCHOOL HELP AND TECH LAB ARE ALSO AVAILABLE DAILY.



Car Lift
Tire Rim Change
Tire Balance



SELF SERVICE WINTER MAINTENANCE

by appointment only

OCTOBER 18-20
8 A.M. - 5 P.M.

- ✓ **Oil Changes**
- ✓ **Safety Checks**
fluids, windshield wipers, lights
- ✓ **Tire Change**
summer to winter; new tires on rims,
mounting, balancing

Bay (flat) - \$6
Bay (lift) - \$10
Tire Balance - \$6 per tire
Mount & Balance - \$15 per tire
Oil Change - \$25
Diagnostic Hook Up - \$25

CASH ONLY

B257, Artillery Kaserne, Garmisch

Call 440-3702 to schedule your appointment
garmisch.armymwr.com



U.S. ARMY
MWR
USAG BAVARIA



AS EASY AS 1....2....3

1. Vehicles must have a valid, up to date U.S. FORCES POV REGISTRATION/TITLE/ POL AUTHORIZATION, AE FORM 190-1A;
2. There is no lien holder; and
3. Please call for vehicle drop off appointment as we have to ensure personnel are available to access drop off location.



U.S. ARMY
MWR
USAG BAVARIA

USAG BAVARIA GARMISCH VEHICLE TURN-IN SERVICE

DISPOSE OF UNWANTED VEHICLES

COST: \$60

WITH THE VALUE ADDED TAX OFFICE

Open for eligible personnel
with SOFA/Logistical Support

CONTACT US FOR MORE INFORMATION

GARMISCH VAT OFFICE
ARTILLERY KASERNE, BLDG. 203, RM 116A

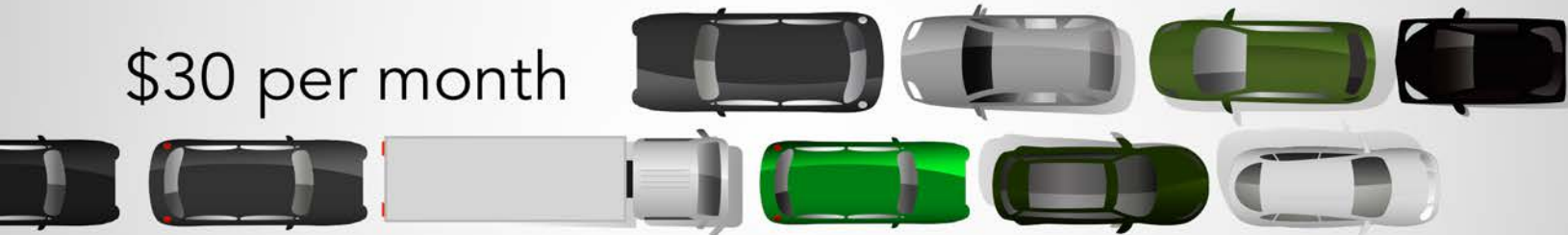
GARMISCH.ARMYMWR.COM



STORE YOUR EXTRA VEHICLE
LEGALLY
AND **SECURELY**

OPEN AIR LONG TERM VEHICLE PARKING ON ARTILLERY KASERNE

\$30 per month



A message from the Deputy Garrison Manager.....

There has been an increase of illegal POV parking on Artillery Kaserne and Sheridan Barracks and we need your help stemming this. The Military Police (MPs) are patrolling in areas of increased parking violations. IAW AER 190-1, the MPs are also issuing Armed Forces Traffic Tickets (DD Form 1408) for illegal POV parking - this will result in the assessing of one point on the owner's USAREUR LICENSE.



Vehicles must have a valid, up to date U.S. FORCES POV
REGISTRATION/TITLE/POL AUTHORIZATION,
AE FORM 190-1A

TO BOOK YOUR SPOT
Contact the Mueller Fitness Center
B119 Gernackerstrasse, Sheridan Kaserne
DSN 440-2747 or CIV 08821-750-2747



U.S. ARMY
MWR
USAG BAVARIA



PAINT
LAUGH
DRINK
ENJOY

Sketch

GARMISCH **CREATIVE** SERIES IN PARTNERSHIP WITH EDELWEISS LODGE AND RESORT

SEPTEMBER 27

REGISTER BY SEPTEMBER 25

6:30-8:30 P.M.

PULLMAN CAFE

EDELWEISS LODGE AND RESORT

\$12 PER SESSION, SUPPLIES INCLUDED

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

NO OUTSIDE FOOD OR BEVERAGE MAY BE BROUGHT TO THE EVENT.

DRINKS CAN BE PURCHASED ON SITE AT THE BAR.

EVENT REQUIRES MINIMUM OF SIX PARTICIPANTS.

WALK-INS WELCOME AFTER REGISTRATION REQUIREMENT IS MET.



garmisch.armymwr.com