

Garmisch-Partenkirchen Community



Inside this issue:

News & Stories	2-11
Trading Post	12 & 13
ACS Newsletter	14-18
Tenant Units	19 - 22
Phone Numbers	23

Director's Notes

18 October, 2012

Hello,

Fall is officially here! The leaves have started to change colors and on 28 October we will "fall back" 1 hour. At 0300 hours you should turn your clocks back 1 hour to 0200 hours (or before you go to bed).

On 31 October, the Bavaria Military Community Garmisch-Partenkirchen has designated from 1730 to 1900 hours, as TRICK or TREAT and TRUNK or TREAT time. Glow sticks will be provided by the Military Police to all children in attendance at the Garmisch Elementary/Middle School on 31 October. They will also be available at building 715 starting at 1720, prior to TRICK or TREAT and TRUNK or TREAT. All off-post residents participating in this event should park their vehicles in the designated area near building 715 by 1720.

Child, Youth and School Services and the Parent Teacher Association have joined together and will be sponsoring a "Spooktacular Halloween Hap-

pening" in the circle area of housing during TRICK or TREAT and TRUNK or TREAT. They will have warm drinks, snacks and host a costume contest for children.

Twice a year we designate a week to clean up the areas around our post facilities and housing areas. This event is meant to improve the overall appearance of our installation and to help us prepare for the winter SNOW! Our Fall Clean-Up is scheduled for the week of 5-9 Nov, so please set aside some time during this week to help rake leaves, pick up trash and store your outside equipment for the winter. Thanks in advance for your support!

Maureen Riggs
Deputy Garrison Manager
"It's Great to be Here!"

Legal & Tax Assistance



The Hohenfels Law Center will provide legal assistance services to the Garmisch community on

18 & 19 October

The services provided include assistance with both U.S. and German legal issues.

Please remember to bring your own witnesses if you would like a last will and testament or a living will executed. The service is available on an **appointment-only** basis. To make an appointment with the Hohenfels Law Center please call at DSN 520-5565 or

Civ 09472-83-5565

Please identify yourself as a Garmisch community member and that you want the appointment in Garmisch.

We recommend customers, especially retirees, to call in advance to ensure the scheduled dates are still valid as we have no way to notify our customers off-post of any last minute changes to the schedule.

The Legal Assistance Office is **located in the headquarters building 203**, ground floor to the

left, room 4 on Artillery Kaserne.

Mark Messner-Chaney at the USAG Garmisch Pass & ID card office provides **notary service** for the Garmisch community. The telephone number is DSN 440-3737, Civ 08821-750 3737 and the office is located on the ground floor in building 203 on Artillery Kaserne.

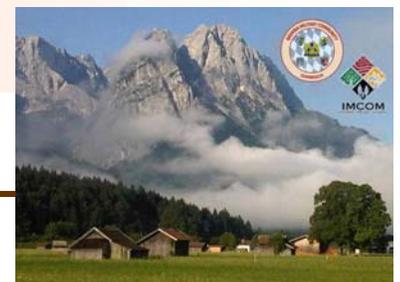
The Garmisch Tax Office is now closed but you can call the Grafenwöhr tax office at DSN 475-9258 or 09641-83 9258 and ask for assistance.

The Garmisch-Partenkirchen Community Newsletter

is authorized by the Secretary of the Army and published Thursdays by the U.S. Army BMC Garmisch Public Affairs Office, building 257, Artillery Kaserne, Unit 24515, APO AE 09053-4515, DSN 440-3843/CIV 08821-750-3843. Private organizations noted in this publication are not part of the Department of Defense. Submissions must include

submitter's name and complete duty civilian telephone numbers. Advertisement submissions are limited to 75 words and normally appear for two issues. Send advertisements by e-mail to: usarmy.garmisch.imcom-europe.list.garmisch-pao@mail.mil

The **deadline** for advertisement submissions is one week in advance of the desired edition date; for the November 1 edition will be October 26.





Army Energy Awareness Month - October 2012

Enhancing Mission Effectiveness

Energy Awareness Month provides an opportunity for everyone in the Army to evaluate their daily energy and water use. Overreliance on resources, fossil fuels and connections to vulnerable electric power grids jeopardizes Soldiers' lives, mission effectiveness and the continued viability of our installations. Conservation, efficiency, sustainability, technology advancements and behavioral change are the pathways to creating an energy- and water-secure Army.

Many of our installations, such as forward operating bases, are at the end of distribution lines, making them increasingly at risk for power and water disruption. Over seventy percent of the logistics required to sustain combat outposts and forward operating bases consists of liquid fuel and water. The requirement to secure every fuel and water convoy not only diverts combat resources from the primary mission, but it also puts our Soldiers at greater risk.

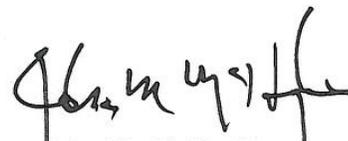
We are making great strides toward reducing the number of these convoys and increasing the energy independence of each Soldier. We currently have over 30 mini-grids operating in Afghanistan that save more than 50 million gallons of fuel annually – equivalent to removing 55 trucks per day from the road. We are reducing dismounted Soldier energy loads using advanced portable power systems, lighter batteries, universal charging devices, and water re-use systems.

We urge every member of the Army team – Soldiers, Families, and Civilians – to contribute to creating an “energy- and water-informed culture” and to assist the Army in reducing consumption. Each deployed Soldier can reduce the amount of fuel for both transportation and electricity generation through small things like turning off heating, cooling and lights in unoccupied tents or ensuring that generators are utilized in an efficient manner that saves fuel and reduces maintenance. At all installations, we can use energy and water more efficiently, whether by replacing incandescent bulbs with compact fluorescent lamps, turning off lights, or shutting down and unplugging equipment when not in use. Also, by installing high efficiency showerheads, every household could save more than 2,300 gallons of water per year and reduce energy demands on water heaters.

The success of the Army's missions and the security of our Soldiers depend on reliable access to energy and water. Each of us has not just an opportunity but an obligation to enhance our mission effectiveness through individual conservation efforts. Energy and water conservation helps to keep us Army Strong!


Raymond F. Chandler III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

U.S. European Command
Customs and Border Clearance Agency

Customs News Release

:

Customs PAO

UNIT 29351, APO AE 09014-9351
Tel: DSN 370-4961 Civ: xx49-6221-574961

Tuesday, October 16, 2012

Wood furniture, artifacts sometimes attract unwanted guests

By Robert Szostek, U.S. European Command Customs Public Affairs Office

HEIDELBERG, Germany — Antique collectors sometimes get more than they bargained for when buying artifacts or furniture at antique shops, flea markets or swap meets. Wooden objects left outside on your patio can also attract unwanted guests such as wood boring insects.

“Antique furniture and ornamental wooden items are sometimes infested with wood boring insects such as wood worm, termites and powder post beetles,” said Scott Sanner, U.S. Department of Agriculture adviser at the U.S. European Command Customs and Border Clearance Agency. **“Examine any such item carefully for evidence of wood borer infestation before buying it.”**

Holes or chambers on the wood surface that appear to be recently hollowed out mean you may have an insect problem. Traces of wood powder or sawdust in and around those holes are further signs of infestation.

Taking these items home can cause the pests to infest your other furniture. It could also mean that border clearance agents will flag your household goods for closer inspection and possible fumigation when it is time to move back stateside. U.S. laws ban harmful insects that are considered economic or agricultural pests from entering the States.

People with wood items that show signs of wood-boring damage will most likely be required to have them fumigated using an approved USDA treatment method before shipping them to the U.S. However, this can be very costly and may only be worth the effort for valuable pieces.

Sanner recommended that any wooden item you want to ship to the United States be kept indoors because insects can easily infest artifacts that are left outside.

Enjoy shopping for that unique addition to your home, but look for the clues that you might also be buying some unwanted and expensive houseguests.

FRIENDS OF GARMISCH ELEMENTARY AND MIDDLE SCHOOL!

Did you know that the school collects Box Tops for Education?

You can drop off any Box Tops you have at either the Commissary, the Post Office, or the school (all have collection boxes).

This is a great way to support your community and help the school.



Thank you!

Mandatory direct deposit of retiree checks by 1 March 2013

A treasury mandate will soon require DFAS, Cleveland to pay retirees and annuitants by electronic funds transfer. Beginning 1 March 2013, most retirees and annuitants will be required to receive their pay directly to their saving or checking accounts.

For retirees and annuitants living in Europe there are a couple of ways to start direct deposit:

For retirees and annuitants who have an American bank account and want to use that - complete a fast start direct deposit form, sign it and mail it DFAS. Ensure to keep a copy for your records.

Use your my-pay account to set up a direct deposit to your American bank/credit union saving or checking account

Call DFAS at the customer care center at 888-332-7411 and have the information available to do it telephonically (American banks only).

For people who wish to use an international bank - use the international direct deposit

form and ensure to include the IBAN number in place of the account number on the form and mail to DFAS or provide to your local RSO for processing.

For assistance please contact the garrison retirement services officer - Mr. Reginald Womack/Mrs. Shelly Mimms/SFC Encarnacion Rodriguez in Grafenwoehr, Bldg. 244 or call 09641-83-8709.

Fall is here and so are the related driving hazards:

Be aware of **FOG** and always drive with your lights on. Use the right side lane markings if visibility is limited and drive with low beam headlights.

Watch for **FARM EQUIPMENT** on the roads during the harvesting season.

ANIMALS will more prevalent along roads as the seasons change.

CHILDREN will be on the streets and roads as they travel back and forth from school. Please be extra cautious in the early mornings and late afternoons.

Remember that kids will be celebrating **HALLOWEEN** at the end of this month. Please remember to dress your children with an item that reflects light or have them carry a light sticks or flashlight. Drive with extreme caution in and around the housing areas.

It is not too early for **BLACK ICE** so be prepared and start preparing your car for the winter weather.





Garmisch Halloween Safety

Trick and Trunk or Treat

Wednesday, October 31 from 5:30-7:00 p.m.

Safety - During this special evening safety is of prime concern to everyone in the community. The opportunity for accidents is magnified by the darkness, potential bad weather, and children who in their excitement forget the precautions they were taught. Because of this, everyone must be alert to inherent dangers while children are Trick or Treating. The Safety Officer wants all housing occupants and off-post residents to review the following guidelines:

- Parents remind children of basic pedestrian rules and traffic safety.
- Have children wear light-colored, nonflammable costumes that fit properly to prevent tripping.
- Have children carry a flashlight or light stick so that they can see and be seen. The MPs will give out glow sticks at Youth Services (Bldg. 715) beginning at 5:20 p.m.
- Never allow children to carry sharp objects such as knives, swords or brooms.
- Parents join the fun and accompany your children or arrange to have a responsible adult do so.
- Residents that are giving out treats make sure that their stairwell or home is well lit and clear of all obstacles that could be a tripping hazard.
- A parent must see all treats before eating.
- All off-post residents participating should park their vehicles in the designated area near Bldg. 715, Breitenau Housing Area, by 5:20 p.m.!

Safetyman Tuerk says:
Have a safe Halloween!



DATE CHANGES

What's Cooking at the Pete Burke Community Center?

Learn how to make delicious and traditional foods from some of our favorite home chefs! Each time we will feature a different cuisine. Afterwards, we will all sit down and enjoy the feast together, family style.

27 November (Tuesday) – Pies, Pies, Pies! 15:00 hrs. cost \$15
11 December (Tuesday)– “Christmas in Seattle”, \$30 includes wine with evening meal.
Italian Cooking class has been rescheduled to January – date to be determined. We will keep you posted!

SLYRS Whiskey Tour & Tasting

Saturday, 1 December - Cost: \$ 45.00 (Includes transportation, SLYRS guided tour and admission; lunch and souvenirs are not included)

A Bavarian whiskey distillery? Single Malt? Yes! With a Bavarian countryside as a backdrop SLYRS whiskey follows a traditional production process developing its own unique taste. A tour of the distillery is a treat for all your senses! We begin our afternoon at the rustic Bleckstein Haus built in 1927 where we will have a delicious lunch. Afterwards we will enjoy a tour and tasting of the SLYRS whiskey where you will be able to hear the crushing of the malt and follow the flavor development of the whiskey process. We conclude the tour with a tasting of the perfected SLYRS whisky. SLYRS offers much more than just aged whiskey, you will have an opportunity to purchase fruit spreads, chocolates, and many other gifts.

Departure is at 11:00 a.m. and estimated return time is 7:00 p.m.



2012 Holiday Mailing deadlines



SAM PARCELS Monday, 26 November
PAL PARCELS Monday, 3 December
PRIORITY PARCELS Monday, 10 December
FIRST CLASS LETTERS AND CARDS Monday, 10 December
EXPRESS MAIL Tuesday, 18 December

Military Installations Worldwide Encourage Service Members to Get a Mental Health Check-Up

Anonymous self-assessments available online on October 11, National Depression Screening Day, and throughout the year

By Christine Leccese, Communications and Marketing Manager, Military Pathways



(Oct. 6, 2012, Wellesley Hills, MA) - Depression affects approximately 17 million people in the U.S., yet almost a third do not seek treatment. While depression is quite common, it is also very treatable, and diagnosing it early allows for faster and easier treatment. Each year, on National Depression Screening Day, Military Pathways, a DoD-funded initiative, offers anonymous, online mental health screenings at www.MilitaryMentalHealth.org. Service members, veterans and their families can access the site 24/7 to see if they have symptoms of depression, PTSD or a related disorder, and get information on how and where to get help.

"Depression is usually a more serious and sustained problem than simply having a bad day or feeling stressed. Unfortunately, many people do not know how to recognize the signs and symptoms of depression or where to seek help," said Dr. Robert Ciulla, Director of the Mobile Health Program at the National Center for Telehealth & Technology (T2). "An online screening, in the privacy of one's own home, is a good first step in getting a better understanding of the problem."

Seeking help is a sign of strength, not weakness. Recognizing and treating depression in its early stages, before a person reaches a crisis situation, are key factors in addressing this important health issue. Symptoms of depression can include:

- Persistent sad, anxious or "empty" feelings
- Loss of interest in activities once enjoyed
- Decreased energy; feeling tired all the time
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide; suicide attempts

Military installations around the world will recognize National Depression Screening Day with events that encourage screenings, educate service members and promote good mental and physical health. Since 2006, more than 250,000 screenings have been completed online at www.MilitaryMentalHealth.org.



<http://www.dcoe.health.mil/NewsArticle.aspx?id=3800>



University of Maryland University College *Europe*

OPEN HOUSE



\$30
Application Fee
Waived for
Any New
Student*

Few credentials can propel you to the top of your chosen career field faster than a degree.

Get answers to all of your questions about admissions, registration, financial aid, and academic programs.

Learn more about UMUC programs and help advance your military or civilian career to the next level.

**Garmisch Education Center
Building 203**

Wednesday, 24 October, 0900-1630

Enjoy refreshments and door prizes; meet the field representatives

*The \$30 application fee will be waived for any new student who applies for admission during the event.

For more information, contact your UMUC Europe field representative:

www.ed.umuc.edu

5 Continents | 60 Years Experience | 130 Degree Programs | 150 Locations | 4,500 On-site & Online Courses | 90,000 Students | 1 University

Central Texas College Europe has an immediate **employment opportunity** at the Garmisch Education Center for a Part-time / Substitute Counselor Aide.

Employee provides course enrollment services, issues and processes Tuition Assistance forms; assists students in documenting experience for credit evaluation; assists in conducting needs assessment; provides financial aid information; updates soldier records on the existing community automation system; and provides general education information to customers. Bachelor's Degree from a regionally accredited college or university is required. For more information contact Ann O'Leary the Garmisch Education Center at 440-3560 or

ann.m.oleary2.ctr@mail.mil

GoArmyEd

Trading Post

For Sale: 1994 Harley-Davidson Motorcycle. Mint Condition. Always garaged. Dealer and self maintained. 24,000 miles (that averages out to be less than 1,700 miles yearly). Asking \$3500. Please call Troy at 0171-7422650. Prefer to sell to ID card holder. (2 of 2)



For Sale: 2009 Jeep Liberty. Mint condition. Asking \$ 15,500.00 (will negotiate the price). Winter and summer tires on separate rims. Dealer maintained by Hornung (maintenance records available as proof). 34,000 miles. Available after 1 Nov 2012. Please call Troy at 0171-7422650 between 0900-1600 M-F. (2 of 2)



For Sale: 2005 silver Volkswagen Golf, 4 door; 5 speed; 99K; German spec. Great condition – rarely driven (only 23,000km since 2009) and stored in a garage. Comes with all-season tires. Winter tires and rims are included. Air conditioner: yes, automatic, Fog lamps: front and rear, Side mirrors: electric, heated, Electric windows: yes, CD player: yes, Central locking: remote, Immobiliser: yes, ABS: yes, ASR: yes €5.400 (\$7.500), OBO. Please call: 01515 792 6140 or email: shari.mitchell@mac.com

For Sale: Pine wood bed room set. Bed (2x1,80m), night stands, closet, dresser. Includes mattresses. € 180. Please email andie1310@hotmail.com for pictures. (1 of 2)

Garage space: For two motorcycles from 1 Nov - 31 Mar in underground garage on St.-Martin Str. €120.– per slot. Please call 01525- 467 4881. (2 of 2)

Service offered:

Pet Sitting

service offered in my home, with a nice back yard and quick access to many walking trails including a dog park and a beautiful stream. I have no pets of my own, so your pet will get lots of one on one attention. Experienced/mature pet sitter and I look forward to pet sitting your loved one. Please contact me via email (preferred method):



janicekjohnson@yahoo.com
or call: 0170-881-0456.

For Sale: MAZDA 6 2.0 L SPORT EXCLUSIVE, 2003, German Specs, 115,000 kilometers (~72,000 miles), 2-liter, 141 HP engine, automatic transmission, next TUV (mandatory technical inspection) – **March 2014**. A no-problem, regularly serviced car (evidence available). Summer + winter tires (ALU rims on both sets) \$ **4,950** OBO, Please call: 0176-62078970 (Alex) or e-mail: reanovs@marshallcenter.org (2 of 2)

Trading Post

For Sale: Black leather hip-length **jacket** for women, originally purchased from Coldwater Creek years ago for about \$500. Sized XS, but it's large on me, and I wear an American size 6/8. Worn about five times, price at \$200. Please call 0151-6261-7749 (2 of 2)



For Sale: Ikea – Poäng chair – white cushions - (new € 99) € 50 or \$ 60, Ikea – Orgel Vreten standing lamp – white paper lampshade – warm ambient light (new € 24.99) € 15 or \$ 20, Ikea – Bekväm kitchen cart/small shelving unit (new € 49.00) € 25.00 or \$ 30.00, Kitchen cart/small shelving unit - € 15 or \$ 20, Ikea – 2x Billy bookshelves – tall (new € 59 ea.) € 30 or \$ 35 ea., Ikea – Billy bookshelf – small (new € 45) € 20 or \$ 25, Bookshelf – small € 20 or \$ 25, Ikea – 2x storage seats units € 20 or \$25 ea. (both for € 30 or \$ 40), Ikea – Coffee table (new € 70) € 30 or \$ 40, Ikea – Beddinge couch/futon – blue cover - with storage drawer (new approx € 400) € 100 or \$ 130, (all the furniture is brown in colour; also, you can check out all the Ikea items online @ www.ikea.de), Bathroom cabinet tall (new € 49.99) € 25 or \$ 30, Full length door mirror € 12 or \$ 15, Tall metal (silver – suitable as both storage or as modern kitchen furnishing)

shelving unit - € 20 or \$ 25, Bed-side table – light brown, wood - € 20 or \$ 25, Mirror (light brown, wooden frame – long and narrow shaped) - € 8 or \$10., Braun Multimix 4 in 1 - € 20 or \$ 25, Black & Decker Ultima – Food Processor (brand new still in original box) - € 30 or \$ 35, HM Cross – Men's Bike - € 80 or \$ 100, Canon Pixma MP640 – Printer (also photos), Scanner, Copier – Wireless – also prints CDs and DVDs – Double (back and front) automatic feeding tray - Uses individual cartridges (new € 399.90) - € 160 or \$ 210 (available end of October), Panasonic TV – (big box – flat screen but no LCD, etc) - € 55 or \$ 65 (available end of October), Solomon Trekking Boots – Clima Dry – Size 38 ½ - Brand New! – € 50 or \$ 60, Ski suit – Karbon – Size M/L – White/Black Jacket w. Black pants – like new - € 80 or \$ 100, Prices are based on items' conditions and individual sales; reasonable 'best offers' and/or 'more than one item' purchase can be discussed. Pictures and measurements are also available upon request. If interested call Anna @ 0179-4674878 or email:

annadesantis39@gmail.com (1 of 2)



Transmission. 34,000 miles. Beige Metallic Exterior, Beige

Cloth Interior. Moonroof. Four-wheel drive. Anti-lock Brakes. (recently replaced) Cruise Control. Tilt Wheel. Power Front Seats/ Steering/ Windows/Locks. Dual and Side Airbags. Air Conditioning. AM/FM/6-CD. Alloy Wheels. All-Season Tires. Honda has been well-maintained, garaged by non-smoking owners. Asking \$14,400 or best offer. (Blue Book \$15,913) Please call: 03221-2156693.

For Sale: 2005 Toyota Highlander. Sport Utility Vehicle. (Limited Edition)47,900 miles, U.S. Specs. Automatic Transmission. Silver Metallic Exterior. Leather Package. V6, 3.3L Engine. 4-Wheel Drive. Moonroof. A/C. Traction Control. Roll-over Sensor.



Anti-lock Brakes (recently replaced). Alloy Wheels. All-Season Tires (recently replaced). Dual Airbags. Dual Power Seats. Heated Front Seats. Cruise Control. Power Steering/Windows/Locks. Tilt Wheel. JBL Premium Sound AM/FM/6-CD. Third Seat (folds into floor). Roof Rack. Trailer Hitch. Gift of \$325 bike carrier. Well-maintained vehicle, garaged, by non-smoking owners. Perfect for traveling, great for antiquing. Has been excellent vehicle. Blue Book: \$19,605. Asking \$17,900 or best offer. Please call: 03221-2156693.

For Sale:
Honda
2007
Accord
EX 4-door Sedan. U.S. Specs. Automatic

ACS NEWS & INFORMATION

October 17, 2012

*** SPECIAL EVENT OF THE MONTH ***

Celebrating domestic violence prevention month

WALK A MILE IN HER SHOES

Saturday 20 Oct, in front of the PX, 10:00-10:45 a.m.

Statistics from the national Domestic Violence Resource Center indicate that 1 in 4 women will be victims of domestic violence at some point in their lives and that 85% of domestic violence reported is against women. The Garmisch community will hold its annual **WALK A MILE IN HER SHOES** event on 20 October: an international community march to end gender violence. Meet in front of the PX at 10:00 am, where men can pick a pair of fancy red high heels and walk 1 mile on post mile in solidarity and support to women, especially those who have been victims of domestic violence. This is a really great event to bring the community together in a fun and family-friendly way to acknowledge the important issue of domestic and sexual violence – one that affects not just female or male victims, but our entire community. Facts about the dynamics of domestic violence, statistics, bystander intervention options, safety tips, local resources and options will of course be available to the community then as well. Reserve your shoe size at ACS. Women can walk in heels too!

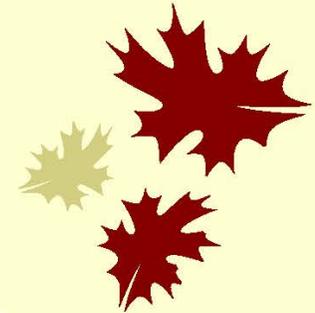


ACS Garmisch- Partenkirchen

The Garmisch ACS is on Facebook! Find us to keep up-to-date on our latest offerings and activities.



We will do our best to post valuable information, as we receive it, keeping you informed on things that are useful to know!



Attention all newcomers to the community.....

Get a grasp on your new community and surroundings!! Plan to attend these sessions designed to help you do just that.

The **Community Newcomers' Briefings** held every Thursday, 0900-1100, in the ACS training room. As a new arrival, or relatively so, you will receive an overview of the community and the services available to increase your knowledge of what the community has to offer.

Further your knowledge by joining the monthly **Culture College, German Customs & Culture class** and the **local area tour**. The Customs and Culture class meets Thur, 15 Nov from 1300-1530. The tour is the following morning, Fri, 16 Nov from 0840-1300. We take the city bus to the local hospital, the train station and walk down-town through the Friday Farmer's Market, followed by lunch in a German Gasthaus. Understanding what's going on around you and how things work, will certainly make your stay here more interesting and enjoyable. Childcare can be provided.

Pre-register the Tues prior. Call ACS at DSN 440-3526/3777; CIV 08821-750-3526/3777 or email patricia.c.pearce2.civ@mail.mil.

If someone you know
has been hurt by
domestic or sexual
violence,
contact your local
Victim Advocate for
help at:

0162-265-2875

CIV 08821-750-3777
or DSN 440-3777

Bldg 203, 1st Floor

Hours: M-F 0800-
1700—Closed on
American Holidays



Some things you shouldn't do in your pajamas...

Fortunately, looking for volunteer opportunities isn't one of them!!!

Follow these simple directions in the comfort of your own home and start your impact today!

- Log onto <http://www.myarmyonesource.com>
- In the top right corner, **Click Register**
- Once directed to the next page, **Click Join Now**
- **Fill in Site Registration** with your information
- **USAG-Garmisch as your military affiliation** then **Click Continue**
- Validate your information and **Click Register**
- You are now pre-approved
- **Click Continue**, you will be directed back to the main page
- **Select Volunteer Tools tab** in the right corner of the home page
- Once page is displayed, **Click Already a Volunteer**
- You are now directed to the **Garmisch Volunteer Opportunities** page
- Select the volunteer opportunity of your choice!



Please contact the ACS Volunteer Coordinator, Meghan McAndrew for more information on how you can become involved! DSN 440-3376 or CIV 08821-750-3376.

Sponsorship Training

Have you been assigned to sponsor an incoming individual to your organization and are unsure as to just what exactly you are expected to do? ACS is offering Sponsorship training on Wednesday, 24 October from 1300-1400. Sponsoring a new Service Member or Civilian employee and their family is a vital part of their relocation process. A good sponsor will make all the difference in the world to the newcomer in making their transition a smooth and welcome one. Spouses are welcome to attend to make the Sponsorship process a family affair.

For more information, contact the Relocation Manager at DSN 440-3526/3777 or email to patricia.c.pearce2.civ@mail.mil.

Celebrate Breast Cancer Awareness Month by attending an informative session offered by ACS, New Parent Support Specialist, Sylvia Metzger. Support the National Breast Cancer Awareness initiative and learn about breast cancer risks, integrative therapies that play a role in cancer prevention, early detection and breast self-exams and explore a variety of breast models learning to feel for breast changes. The educational session will be held in bldg 203, HQ conference room, 2nd floor, 0900-1000 on Thursday, 25 October.

ACS
CHILDBIRTH PREPARATION CLASSES

Tuesdays
 Oct 23- Nov 13
 6:00- 8:00 pm
 ACS, Room 6

Prepare for your unique experience in the German hospital. Learn simple techniques that make all the difference for a mom in labor. Dads, come and try on the Empathy Belly!

Understanding the labor process
 Hands-on "Labor Toolbox" of comfort measures for Dads
Positions to enhance labor process & decrease discomfort
 Lamaze-type breathing, guided imagery and relaxation
Pharmacological pain management and complementary therapies
 Postpartum period and adjusting to parenting

NEW PARENT SUPPORT PROGRAM
 CIV 08821.750.3642 Cell 0162.265.5262
sylvia.s.metzger.civ@mail.mil

Looking to update or create your resume?



A Basic Resume Building Class will be held Wednesday, 31 October, 1200-1300, in the ACS Training Room!

Please contact ACS to sign up no later than Monday, 29 October 2012. Due to the nature of this training, we must have a minimum of 5 people signed up to hold the class, DSN 440-3376 or CIV 08821-750-3376

Childbirth preparation classes

Tuesdays, 23 Oct – 13 Nov,
 ACS training room, 6:00-8:00 p.m.

Prepare for your unique experience in the German hospital. Learn simple techniques that make all the difference for a mom in labor. Dads, come and try on the Empathy Belly! A variety of topics will be covered, including understanding the labor process, comfort measure toolbox for Dads, breathing and relaxation, pain management, complementary therapies and postpartum adjustment.

POWER OF PLAY

Saturday Oct 20, Pete Burke Center
11:00-12:00 pm.

Celebrate the power of parent-child play, building strong relationships and family resiliency. Enjoy age-appropriate interactive stations from newborn age to pre-K, including exercise mats, crafts, early scientific experiments and fun scavenger hunt. Dads very welcome!



Prenatal Exercise Classes

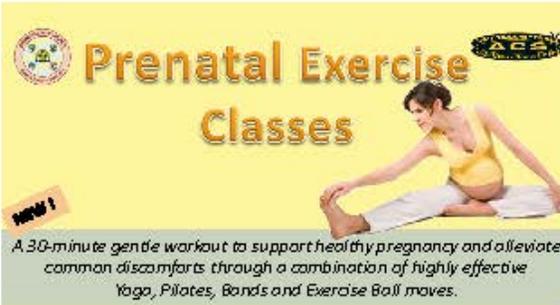
Thursdays 3 Oct—5 Dec,
in the ACS training room,
8:30-9:00 a.m.

A 30-minute gentle workout to support healthy pregnancy and alleviate common discomforts through a combination of highly effective Yoga, Pilates, Bands and Exercise Ball moves.

Coming Soon

Coming on 6 November, the Conversational German Class will be expanded to two sessions, one in the morning and one in the afternoon. The morning session, 0930-1100, will be for advanced beginners/intermediate and the afternoon sessions will be designed strictly for beginners. Both are held weekly on Tuesdays. Whether you are just getting started learning German or you have picked up a few phrases here and there, ACS has a class for you. Call DSN 440-3526 or CIV 08821-750-3526 or email to: patricia.c.pearce2.civ@mailmil





Prenatal Exercise Classes

A 30-minute gentle workout to support healthy pregnancy and alleviate common discomforts through a combination of highly effective Yoga, Pilates, Bands and Exercise Ball moves.

- ◆ Exercise safety guidelines and modifications in 2nd & 3rd trimester
- ◆ Signs of over-exercising and contraindications to exercise
- ◆ Pelvic floor tones in preparation for birth and postnatal recovery
- ◆ Diastasis & exercise modification for a abdominal weakness
- ◆ Focus on good posture & balance
- ◆ Exercises to alleviate lower back pain and upper back tension
- ◆ Gentle abdominal work using exercise ball and stretches
- ◆ Focus on deep abdominal breathing and relaxation in preparation for birth

Thursdays Oct 3- Dec 5
8:30-9:00 am
Army Community Service Room 6

New Parent Support Program
CIV 08821.750.3642
CIV 0162.265.3262
patricia.c.pearce2.civ@mailmil



Conversational German Class

◊ When: Tuesdays, 0930-1100
Sep 11, 18; Oct 2, 9, 16, 23, 30; Nov 6, 13, 20, 27

◊ Where: ACS Training room

- Learn Basic Phrases
- Communication Styles & Customs
- Protocols
- Current events
 - what to do
 - where to go
 - what to say
- Ask questions!!



Further your understanding of our Host Nation and feel more comfortable in your environment.

The class is on-going.

ACS
Bldg 203, Artiller Kaserne
Phone: DSN 440-3771/3526
CIV 08821-750-3771/3526
patricia.c.pearce2.civ@mailmil

Education Readiness Program 

October is Domestic Violence Awareness and Prevention Month!

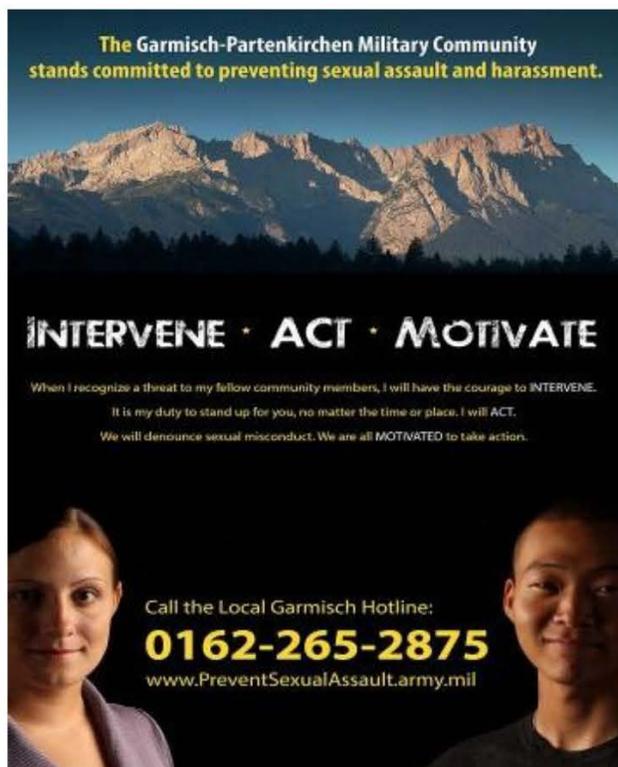
The Federal Bureau of Investigation estimates that over two million families are affected by domestic violence in the United States each year. Other sources say that this number could be as high as six million, since many incidents go unreported. Clearly, domestic violence is a significant problem often resulting in tragic consequences.

Ending domestic violence begins with increasing our awareness of the problem and supporting victims of violence in accessing needed resources in order to be safe.

Some Facts About Domestic Violence:

- 1 in 4 women will be victims of domestic violence at some point in their lives, 1.3 million women are assaulted by their partner every year, 85% of domestic violence reported is against women
- Children are involved in 60 percent of domestic violence cases
- More than three million children witness acts of domestic violence each year
- Domestic violence is the leading cause of injury to women between ages 15-44
- One in ten teens ages 14-18 have been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend
- One of every three abused children becomes an adult abuser or victim. Children who grow up in a household where they witness abuse are even more likely to abuse a future partner
- Victims and abusers are found in every social and economic class, race, religious group, and sexual orientation
- Forty percent of the victims of severe, physical domestic violence are men.
- Root Causes of Domestic Violence:
 - Power and control
 - Growing up in a cycle of violence and abuse
 - Distorted concept of manhood

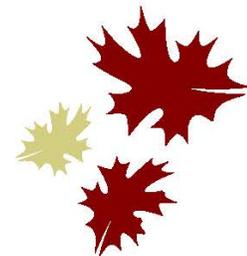
Learn more about the impact, prevalence, and ways that you can help to end domestic violence by visiting the National Center on Domestic Violence and Sexual Violence website at: <http://www.ncdsv.org/>.



Participate in community awareness-raising and educational events to learn more and to take action.

If you know someone who is in a violent or abusive relationship, here are some ways you can help:

- Really listen to the person's story and believe them
- Give them information, not advice
- Refer them to domestic abuse services, such as Army Community Services DSN 440-3777 or the Chaplain DSN 440-2819



dudes in heels

AN EVENT IN COLLABORATION WITH THE  www.walkinherheels.org

Walk a Mile in Her Shoes®

THE INTERNATIONAL MEN'S MARCH TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE

Please join us for the BMC Garmisch-Partenkirchen Walk!



WHERE: meet in front of the PX/Commissary

WHEN: Saturday, 20 October at 1000



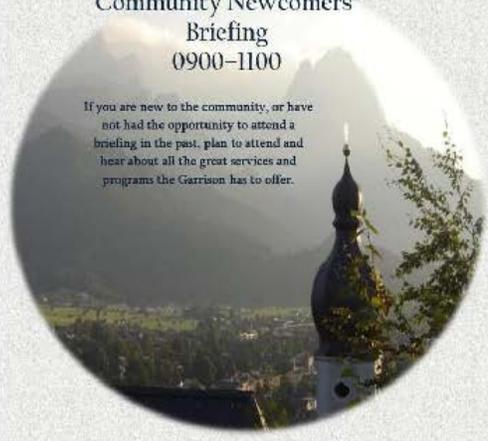
This event does not constitute a U.S. Army endorsement of the Walk a Mile in Her Shoes organization, message, or product.



Every Thursday

Community Newcomers' Briefing 0900-1100

If you are new to the community, or have not had the opportunity to attend a briefing in the past, plan to attend and hear about all the great services and programs the Garrison has to offer.



Advance sign-up is required

For more information and to sign up contact ACS:
DSN 440-3526/3777, CIV 08821-750-3526/3777
or email: patricia.c.pearce.2.cbr@mail.mil



Domestic Violence Prevention Month

What: 2012 WALK A MILE IN HER SHOES march to end domestic and gender violence!

Families can walk one mile or post in solidarity and support to women, especially those who have been victims of domestic violence. Educational information about bystander intervention options, safety tips, and local resources will be available.

Where: Meet in front of the PX



When: Oct 20 Registration at 0900; Walk begins at 1000

Who: EVERYONE who cares about ending domestic and sexual violence!



To reserve high heels in your size before the event, please contact:
Family Advocacy Program Manager,
Aimee Edwards-Hunt
DSN 440.3777/3463 or CIV 06821.750.3777/3463

What: Special play group engaging both parents and children to celebrate the POWER OF PLAY! event will facilitate healthy play activities as a whole family, with the goal of building strong relationships and resiliency.

Age-appropriate Play Stations:

- Craft Stations
- Music & Movement
- Scavenger Hunt
- Early Scientific Experiments
- Craft basket (children's books, clothes, toys)



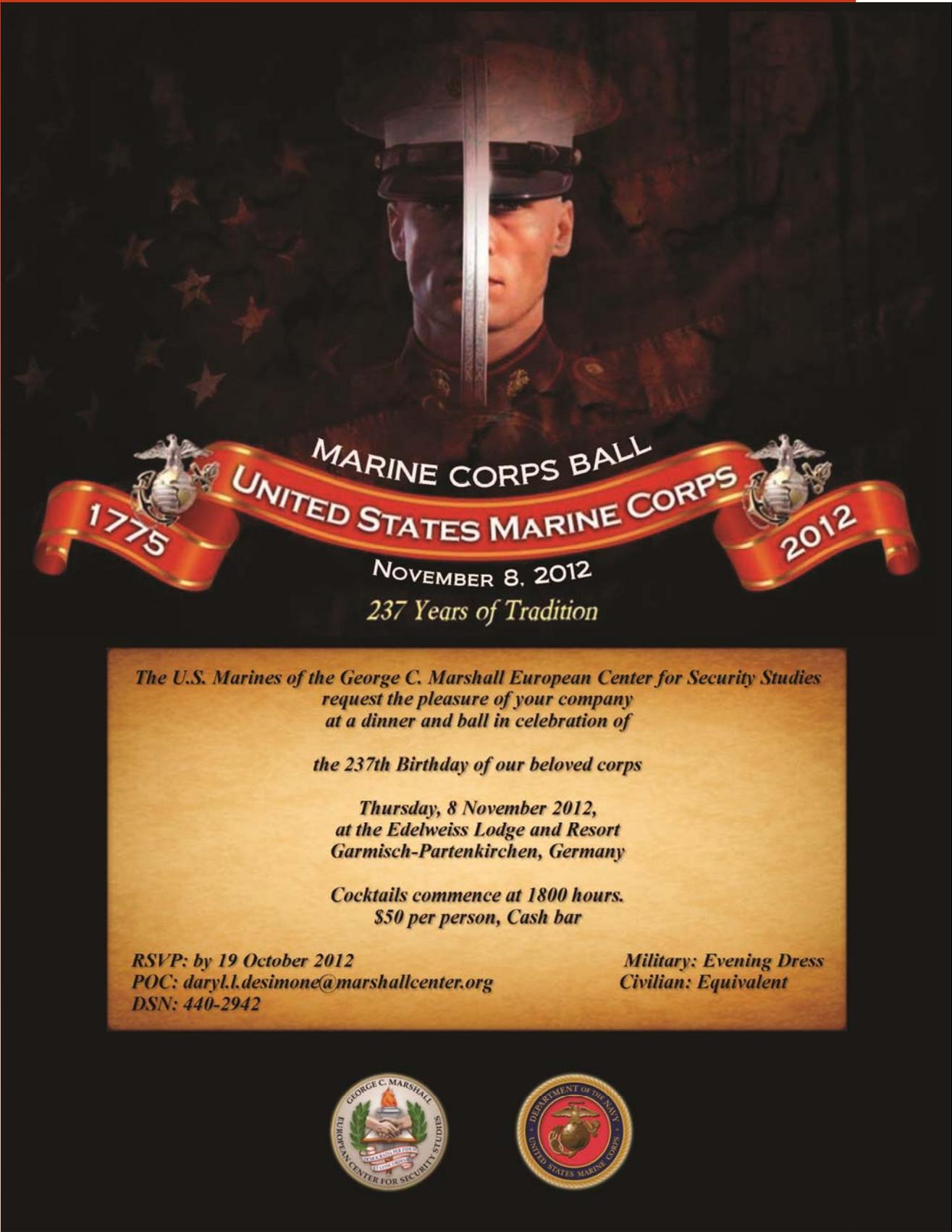
Where: Pete Burke Center

When: Oct 20, immediately following the Walk a Mile in Her Shoes event, from 1100-1200

Who: Parents with children ages 0-pre-K, especially dads!



For more information or to sign up, please contact:
New Parent Support Program,
Sylvia Metzger
DSN 440.3777/3642 or CIV 06821.750.3777/3642



*The U.S. Marines of the George C. Marshall European Center for Security Studies
request the pleasure of your company
at a dinner and ball in celebration of*

the 237th Birthday of our beloved corps

*Thursday, 8 November 2012,
at the Edelweiss Lodge and Resort
Garmisch-Partenkirchen, Germany*

*Cocktails commence at 1800 hours.
\$50 per person, Cash bar*

*RSVP: by 19 October 2012
POC: daryl.l.desimone@marshallcenter.org
DSN: 440-2942*

*Military: Evening Dress
Civilian: Equivalent*



Save 20%

Early Bird Special

come early, save big, *relax more*



Receive **20% off** all wellness treatments
Monday-Friday from 0815-1345 hrs

Does not apply to facials or waxing. Limited availability - call to reserve.



Call to reserve an appointment today 08821-944-4150. Must mention this ad.

The Point Wellness Club at Edelweiss Resort

FOOTBALL SPECIAL

NFL / COLLEGE

VALID SAT / SUN

GAMES START 1800 SATURDAY / 1900 SUNDAY



TAILGATE SPECIALS UNTIL 1900

Pitcher of Helles / Dunkel \$9.95

Touchdown Tower 3 Liter Beer Tower Helles / Dunkel \$15.00

COMBO SPECIALS

2 pizzas (excluding pizza of week) \$15.00

24 buffalo chicken wings \$15.00

Chilli Beer Bratwurst in Bun with Camp Fries \$8.95

Surf-n-Turf (1/2 rack ribs / fried shrimp & fries) \$10.95





Garmisch Community Chapel

PROTESTANT:

Adult / Children Bible Study

Worship:
Sunday: 1100

Protestant Men of the Chapel
(PMOC):
Wednesday: 0630 and 1200

Protestant Women of the Chapel
(PWOC):
Wednesday: 0900

COMMUNITY:

Club Beyond:
Call DSN: 440-3462 for schedule

AA:
Tuesday & Thursday: 1900
Sunday: 1100

Playgroup:
Tuesday: 1000
Sponsored by ACS

CATHOLIC:

Mass:
Saturday Mass: 1630
Sunday Mass: 0900
Weekly Mass: 1215

Confessions:
Saturday: 1530-1600
(or by appointment)

Military Council of Catholic
Women (MCCW):
1st Friday: 1215

CONTACTS:

CH (MAJ) Tripp: 440-2519

MSGR Spiegel: 440-2836

SPC Payzant: 440-2540

Community Phone Numbers

All numbers below are DSN unless otherwise noted.

If you are calling from a civilian phone, please replace the DSN 440 with the Garmisch area code (08821) and 750.



AAFES PX:

CIV – 966 7414

SHOPPETTE:

CIV – 966 7414

ACS: 440 3777

AUTO SKILLS:

440 3580

BILLETING:

440 3308

CHAPEL: 440 2819

CLUB BEYOND:

440 3462

CDC: 440 2684

COMMISSARY:

CIV – 908 997/998

COMMUNITY BANK:

440 3619

CREDIT UNION:

440 3373

CRAFTS TREE:

440 3475

DRIVERS TESTING:

440 390

EDELWEISS: CIV –

9440

EDUCATION CENTER:

440 3560

FITNESS CENTER:

440 2747

HOST NATIONS:

440 3843

HOUSING: 440 3660

ID CARDS/PASSES:

440 3737

LIBRARY: 440 2467

MC LIBRARY: 440 2463

MAIL ROOM/

COMMUNITY: 440 3535

OFFICIAL: 440 3680

MARSHALL CENTER

DINING FACILITY:

440 3863

MIDDLE SCHOOL

TEEN CENTER:

440 2600

MILITARY & FAMILY

LIFE CONSULTANT:

440 3755

MILITARY POLICE:

440 3801

MOTOR POOL:

440 2835

OUTDOOR RECREA-

TION: 440 2638

POST OFFICE:

440 3713

SATO: Civ. 943086

SAS: 440 2654

SCHOOL GEMS:

440 2758

SELF HELP: 440 3660

SERVICE CREDIT

UNION: 440 3373

THRIFT SHOP:

440 3552

TRANSPORTATION:

440 3488

TRICARE: 440 3816

VAT OFFICE: 440 3711

VEHICLE REG.

440 3727

WORK ORDER

DESK: 440 3555

YOUTH SPORTS:

440 2599

**USAG GARMISCH
HEADQUARTERS:**

440 3825