

February 2013

Family and MWR Newsletter

Highlights

February 18 is **President's Day!** All Family and MWR facilities will be closed on this Federal Holiday.

February is **African-American/Black History Month!**

Celebrate President's Day by picking up a book or movie at the Library and learning about our country's history! **P. 2**

It's the month of Fasching! The Youth Center will be creating Fasching Masks on Theater Club days. **P. 3**

Encourage your child's creativity by bringing them to these fun activities at the School Age Center. **P. 3**

Treat your Valentine to a Massage or Beauty Treatment at the Mueller Fitness Center. **P. 4**

Plan your weekend getaway with Outdoor Recreation. **P.5**

From oil painting, to ceramics, and music lessons you'll find something that will spark your interest at the Crafts Tree! **P.6**



Venice Carnival

Imagine a Mardi Gras festival in the magical backdrop of Venice, and the allure of party goers wearing magnificent handcrafted masks, costumes and dresses.

Carnevale is a celebration leading up to the day of lent and it gets its name from the Latin *carne levare*, or *carne vale*, meaning 'farewell to meat.' In its original form, it was a rare time where people of all social classes would mingle as they were able to conceal their identities.

The modern day *Carnevale* takes place all throughout the city of Venice, with many mock festivals happening throughout the world. Thousands of tourists travel to Venice to participate in this colorful carnival. The Venetian masks provide an irresistible charm for what is certainly one of the world's most unique experiences.

This year the carnival will go on from February 2 to 12. Events begin around 11 a.m. each day and include costume contests, parades, and a variety of shows with the majority taking place at St. Marks Square. *Carnevale* wraps up with a candle lit water parade of gondolas floating along the Canal Grande.

Germany also has a period of carnival festivities known as the Fifth Season,

or *Fasching*. There are hundreds of *Fasching* Balls happening throughout Germany, with the major ones taking place in Cologne and Duesseldorf. The last three days of *Fasching* (Fasching Sunday, Rose Monday and Shrove Tuesday) encompass the major highlights of the season. For more information, visit www.karnevalfasching.com.

Our community has several opportunities to participate in the carnival season! Attend the modern day festival with Outdoor Recreation and Tours on the Venice & Verona Weekends trip February 1-3. Youth can get creative and design their own Fasching mask on Theater Club days, February 12 & 19, at the Youth Center.

For more information on the weekend trip, contact Outdoor Recreation and Tours at DSN 440-2838, CIV 08821-750-2838. Contact the Youth Center for more information at DSN 440-2600, CIV 08821-750-2600.



FOR SOLDIERS	FOR FAMILIES	FOR RETIREES	FOR CIVILIANS
inside		2	Library
		4	Mueller Fitness Center
		6	Arts & Crafts
		3	Child, Youth & School Services
		5	Outdoor Recreation and Tours

Family and MWR

Library Services

- Free Wi-Fi
- Printing
- Copy Machine
- Public computers/ CAC enabled
- Language learning resources
- New Release AAFES Movies on VHS
- Music CDs
- DVD & Blu-Rays
- Wii, PS3 and XBOX games
- Audio books
- Web access to Library account
- e-books

Free Downloads

eBooks, eAudiobooks, eVideos, and eMusic

Hours of Operation

Sunday - Friday
Noon - 6:30 p.m.
Saturday Closed

Contact Information

DSN 440-2467
CIV 08821- 750-2467

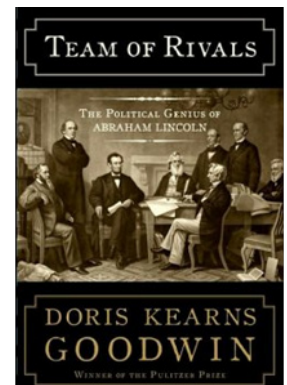
MOVE YOUR WORLD



This month the library display will focus on supporting the Mueller Fitness Center's "Healthy Lifestyle Challenge 2013." Whether your goal is to lose weight, gain strength & agility, reduce stress, eat a more nutritious diet, or just have fun moving & exercising, the library can help you get started and keep you on track. Try out our Quigong, T'ai chi, or Yoga exercise DVDs to help increase energy and relax your mind. Explore our selection of books on both traditional and alternate healing methods, muscle and cardio strength training, and both Men's health and Women's health. And if you're looking for new ideas for cooking great, nourishing meals, check out our collection of wide ranging cook books. Take the challenge of a healthier lifestyle this month and begin at the library.

Celebrate President's Day

Steven Spielberg's new historical drama "Lincoln", with Daniel-Day Lewis is based in part on Doris Kearns Goodwin's riveting book "Team of Rivals: the political genius of Abraham Lincoln". The book is a portrait of Lincoln and some of the men who served in his Cabinet from 1861 to 1865, three of whom were rivals for the 1860 Republican presidential nomination. The library has copies of the book in print, audio book and eAudio from the Army Digital Media Library.



"At the Crossroads of Freedom: The Emancipation Proclamation and the March on Washington"

This year marks two important anniversaries in the history of the United States: the 1863 Emancipation Proclamation that led the way to the ending of slavery, and a full century later, the 1963 March on Washington, when thousands of Americans of all races marched to the Abraham Lincoln memorial in the continuing pursuit of racial equality and civil rights. It was on this occasion that Martin Luther King, Jr. delivered his renowned "I Have a Dream" speech. Visit our display during Black History Month and learn more about these two pivotal events in American history.



Preschool Story Time "Fairytales and Folktales"

Thursday, 10:30 a.m.

Join us for stories, songs and crafts. It's never too early to introduce your child to the wonders of stories and reading. For children ages 2 and up with a caregiver. Don't miss the fun.

<http://www.library.eur.army.mil/>

 Army Europe Libraries

Youth Center Calendar of Events

- 1 Culinary Club: Beef Stew
- 4 Argentine Tango Lessons
- 5 Games Club with Pete
- 6 Wonderful Wednesday #5
- 7 SLC Club Meeting
- 8 Culinary Club: Breakfast
- 11 Culture Hour: Tea & Backgammon
- 12 Theater Club: Fasching Masks I
- 13 Wonderful Wednesday #6
- 14 SLC Dance Decorations
- 15 Valentine's Day Dance, 7-10 p.m.
- 18 President's Day: YC is closed
- 19 Theater Club: Fasching Masks II

- 20 Wonderful Wednesday #7
- 21 Chess Club: En Passant
- 22 Culinary Club: Quesadillas
- 25 Photo Club: Portraits
- 26 Film Club: Blooper Real
- 27 Wonderful Wednesday #8
- 28 Snow Graffiti Creations



School Age Center Calendar of Events

- 1 Fit and Fun Friday: Snow Obstacle Course
- 4 Art Club: *Still Life* Drawings
- 5 Tech/Photo Club: Optical Illusions
- 6 Wonderful Wednesday #5
- 7 Cooking Club: Fruit Leathers
- 8 Fit and Fun Friday: Snowshoeing Introduction
- 11 Art Club: Valentine's Crafts
- 12 Science Club: Model Heart
- 13 Wonderful Wednesday #6
- 14 Cooking Club: Red Velvet Whoopie Pies

- 15 Fit and Fun Friday: Sled Races
- 18 President's Day: SAC is closed
- 19 Tech/Photo Club: My perfect life collage
- 20 Wonderful Wednesday #7
- 21 Cooking Club: Fried Rice
- 22 Fit and Fun Friday: Snowshoeing II
- 25 Art Club: Giant Jigsaw
- 26 Science Club: Playdough Torch Club Meeting
- 27 Wonderful Wednesday # 8
- 28 Cooking Club: Fruit Crepes



SAC Daily Schedule

- 2:30 p.m. Pick up at school
- 2:45-3:15 p.m. Outside/club active
- 3:15-3:30 p.m. Red carpet meeting
- 3:15-4:15 p.m. Snack is offered
- 3:30-5 p.m. Clubs
- 5:30-6 p.m. Clean up/closing

School Days

Monday - Thursday: 2 - 6 p.m.
Friday: 2 - 10 p.m.

School Out Days

Monday - Thursday: 1 - 6 p.m.
Friday: 2 - 10 p.m.

Computer Lab Open Daily

Fitness Hour 2:30 - 3:30 p.m.

Contact Information

DSN 440-2600
CIV 08821-750-2600

FEBRUARY

M	T	W	H	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	

School Days

2:30 - 6 p.m.

School Out Days

7:45 a.m. - 6 p.m.

Homework Center

2:30 - 4:30 p.m.

Contact Information

DSN 440-2654
CIV 08821-750-2654



U.S. Army Child, Youth
& School Services

Fitness Class Schedule

Contact Information DSN 440-2747 CIV 08821-750-2747
*Closed February 18 for President's Day

Zumba

Monday & Wednesday
5:30 p.m.

This Latin-inspired, easy-to-follow, calorie-burning, dance fitness party (TM) is fun for everyone. Try it to work your muscles, your heart and your mind in a new way. Ditch the workout and join the party!



Pilates

Tuesday & Thursday
6:30 p.m.

Pilates is a unique series of exercises developed to strengthen and tone the core muscles, improve posture and flexibility and create a streamline shape.



Spin

Tuesday: Noon & 5:30 p.m.
Wednesday: 5:30 a.m.
Thursday: 8:30 a.m., noon, 5:30 p.m.
Saturday: 3 p.m.

An intense indoor cycling workout using various cycling techniques from hill climbing and sprinting to peddling at different tensions. Easily modified for beginners.



Volleyball

Monday & Wednesday
6:15 & 7:15 a.m.

Team sports provide a fun way to keep in shape while making new friends. Practice your serves, blocks, and spikes while becoming a team player.



Kundalini Yoga

Monday & Wednesday
6:30 p.m.

A very dynamic type of yoga session that vitalizes and balances the body using different breathing techniques, postures and kriyas which consist of rapid repetitive movement.



Fitness On the Snow

Monday
9 a.m.

Class is structured on the circuit format, combining cardio, strength and balance workout. After 6-8 sessions, we will progress to the slopes to work on technique in different terrain and snow conditions.



Massage Therapy Session and/or Beauty Treatment Gift Certificate

Rejuvenate yourself with a specialty massage that suits your body, a facial that complements your skin type or a waxing service that fits your need. Great gift idea for any occasion!



Healthy Lifestyle Challenge: Fitness Assessments February 1 & 2

Fitness assessments will be conducted for all Healthy Lifestyle Challenge participants. Find your balance and feel better about yourself by the end of the challenge.



Turbo Kick

February 4 & 25, Noon

The ultimate cardiovascular challenge that's a unique blend of intense intervals and a relaxing cool down. No prior kick boxing experience or equipment required. Bring your attitude and desire to have fun!



Hours of Operation

Monday - Friday: 5:30 a.m. - 8 p.m.
Saturday: 9 a.m. - 5:30 p.m.
Sunday & U.S. Holiday: Closed

Leisure Travel Services Calendar

Venice & Verona Weekends

February 1-3

In just one short weekend see Venice and Verona! Spend the first two nights in Vicenza and take a short train ride into Venice. Visit Verona on Sunday with the opportunity to tour the famous Romeo and Juliet city before dining at a wonderful restaurant and heading back to Garmisch.

One Day Ski Trips

February 2- Ehrwald

February 16- Lenggries/
Brauneck

Visit some excellent lesser known areas on our local mountains in Austria. Includes transportation and ski pass. Cost: \$79 Adults/\$89 with equipment.

Night Sledding

February 5 & 26

Visit Ehrwald, Austria for a night of sledding. It's the other Winter Sport complete with adrenaline and lift service. Includes transportation, a lift pass, and a Mini-Bob style sled. Cost: \$39 Adults/\$29 Child.

Winter Torch Hikes

Snowshoeing

February 8- Grainau

February 22- Eibsee

An evening of snowshoeing and a visit to a rustic restaurant to enjoy a nice winter meal together! Estimated hiking time: 1.5 hours.

Ski Tour Weekend

February 22-24

Join us for a weekend in Garmisch where you will learn how to earn your turns. Spend Friday night at the rustic Kean's Lodge and stay in a hut in the mountains on Saturday evening. A course will give participants the basics of ski touring and an introduction into basic avalanche terrain management. Cost: \$119 per person. Includes two nights of lodging, transportation, instruction, ski touring equipment and breakfast & dinner on select days. Cost: \$169 if wanting to rent avalanche gear as well.

Garmisch Winter Sports Weekends

Let us help you plan a winter sports weekend for your group at a reasonable price. Includes two nights lodging, lift accessed sledding, ski instruction, ice skating equipment and lift passes. Call for weekend availability. Cost: \$225 per person. Minimum of five persons. Final pricing depends on number of nights and activities.

Sign up for trips through
MWR Online Services at:
<https://webtrac.mwr.army.mil>

Upcoming Events



One Day Ski Trip

March 2- Berwang

Men's Ski Weekend

March 1-3

Italian Dolomites

Night Skiing in Seefeld, Austria

March 6 & 22

Amazing Race- Winter Edition

March 9

Teams and families will race their way across the ski slopes of Garmisch in this fun race! Cost: \$20 Adults/\$15 Child.

Prague Weekends

March 15-17

Lodging, transportation, tour of the Franz Kafka Museum and a visit to Pilsen is included. Cost is \$290 Adults/\$195 Child.

Venice & Verona Weekends

March 15-17

One Day Ski Trip

March 16- Leermoos

One Day Ski Trip

March 30- Axamer-Lizum



Hours of Operation

Monday, Tuesday, Thursday,
Friday & Sunday:
Noon - 6 p.m.

Contact Information

DSN 440-2638
CIV 08821-750-2638





Programs & Class Schedule

Reserve a Children's Craft Birthday Party!

Each child can create one project. Choices include pottery, ceramics, silk painting, and watercolor painting. Decorations and clean up are included. Parties can be arranged outside of operating hours. Fee \$15 per child (includes supplies).

Watercolor Painting Class

For beginners and advanced students. Adults and children ages 4 and up. Fee \$20 (includes supplies).

Oil or Acrylics Painting Class for Beginners

Every Sunday from 2 - 4 p.m. Fee \$69 (includes three sessions of instruction and supplies).

Silk Painting

For beginners and advanced students. By appointment only. Adults and children 4 and up. Two evening/afternoon classes. Fee \$15 (plus supplies).

Photo Printing Kiosk

Bring your digital pictures on a camera card, CD, USB, or cell phone for printing on quality Kodak paper. Design greeting cards, invitations, collages, and more! The Digital Self Service Print Station is easy to use, and you'll have your pictures within seconds.

Music/Band Practice Room

If you are a musician or band needing space to practice your music, contact Entertainment Office to reserve the practice room at DSN 440-3475, CIV 08821-750-3475.

Basic Ceramics Pouring Class

Learn how to pour and finish while making one easy class project to take home. Two evening classes. By appointment only. Fee \$20 (includes supplies).

Tiffany Glass Art

Design a beautiful window picture, mirror, or lamp shade. Four sessions of instruction for beginners and up. By appointment only. Fee \$40 (plus supplies).

Hand Building with Clay

Learn the techniques of pinching, coiling, and slab work. Create cups, bowls, flower pots or a project of your choice. Two sessions of two hours each. Fee \$48 (includes supplies).



Music Lessons for Children and Adults

Piano and violin instruction for ages 6 to adults. Lessons are offered for beginners, intermediate, and advanced levels in the music practice room at the Crafts Tree. Fee \$240 for 2 month lesson package. Contact the Entertainment Office at DSN 440-3475, CIV 08821-750-3475.



The Crafts Tree

Bldg. 263

Hours of Operation

Tuesday, Wednesday & Thursday:
10 a.m.-1 p.m. & 3-7 p.m.
Sunday: 1-5 p.m.

Contact Information

DSN 440-3888
CIV 08821-750-3888

*Special openings for crafts parties and crafts project classes.