

Things are Blossoming

You Can, Too!

- Maria Yost

I love spring in Germany. Finally, things have warmed up and the gloominess of winter has faded. In addition, flowers are blooming and the world is becoming a more beautiful place. If your world is still a little dreary, Army Family Team Building (AFTB) classes can add a little color to your world and help you grow successfully in the garden of military life.

Sow the seeds with Level I. AFTB Level I classes provide a basic orientation to Army life. You have been "planted" in the military community, and AFTB provides the nutrients to help you to grow and flourish. Classes such as "Acronyms, Customs and Courtesies," "Benefits, Entitlements, and Compensation," and "Impact of the Mission on Family Life" help military family members understand the military environment and even thrive in it.

Grow personally and professionally with Level II. Level II courses offer various classes on professional skills such as "Meeting Management" and "Intro to Effective Leadership." You can also enhance your personal effectiveness with classes such as "Communications Skills," "Time Management," and "Stress Management."

Level III will provide the skills for you to bloom as a leader and community member. Professional classes such as "Building Self Esteem," "How to Develop Presentations," and "Group Conflict Management" will prepare you to handle many career or volunteer situations. In addition, you can increase your military savvy with classes such as "Political Issues in the Army" and "Public Media Relations."

Spread a little sunshine as an AFTB instructor. AFTB instructors are volunteers who teach the AFTB curriculum. AFTB instructors also continuously cultivate their presentation skills through ongoing professional development and practice. The instructors continue to bloom and grow while helping the military community to be a more beautiful place.

Like being outside on a bright, sunny day, AFTB classes can refresh your attitude about Army life. Our instructors engage the students in lively activities to encourage learning. Students leave enlightened, energized and ready to blossom in the community.

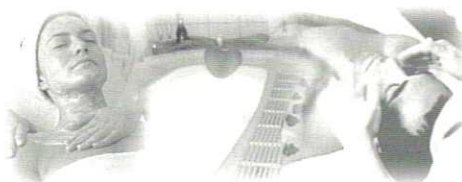
Spring into the AFTB garden of personal enhancement this spring with the following AFTB courses:

- Level I: May 11-12 Vilseck ACS
- Level II: May 24-27 Vilseck ACS
May 10-11, 13-14 Hohenfels ACS
- Lunchtime Seminars: Every Monday from 11:30 a.m.-1 p.m.
- Family Fun Day: June 16
- Individual Modules for groups upon request

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ACS New Parent Support Program Sponsoring Mother's Day Brunch

May is traditionally the month when we recognize mothers. The 409th BSB ACS New Parent Support program is recognizing the mothers in this community by sponsoring a Mother's Day brunch. LTC Moore, 409th BSB commander, will provide opening remarks. This event is a gesture of thanks to all hard work of the mothers in the 409th BSB and will include finger foods, baby hand prints, pictures of children with parents, and small gift baskets. This event is open to mothers of children ranging from newborns to 3-years-old, and children are welcome to accompany the moms. The brunch will take place on May 14 from 10 a.m. to 1 p.m. in the ACS Lounge, Vilseck. Call 09662-832650 for more information.

Expo offers Spouses more than information

By Maria Yost

The Third Brigade Combat Team (BCT) is deploying to Iraq at the beginning of 2004. Soldiers have been training for the deployment, and the final step in preparation is pre-deployment processing. Soldiers are required to do a number of things prior to deployment, including getting powers of attorney, updating life insurance and ensuring their immunizations are up to date. However, spouses often feel left out of the whole deployment preparation process.

This year, things are different. Instead of the normal deployment fair, the Third BCT will host the "3rd BCT Family and Soldier Readiness Expo" from Dec. 8-12 and 15-19 in the Hilltop Gym on Rose Barracks, Vilseck. All 3rd BCT spouses are encouraged to attend this event. The purpose of the Expo is to provide the traditional pre-deployment processing for soldiers, but more importantly, to show family members what the community is offering them during the deployment. The Expo will provide a chance for soldiers and family members to find the answers to questions they might have about the upcoming deployment. More than 40 agencies in the 409th BSB as well as some off-post facilities will answer questions, provide information, and present special programs for family members of deployed soldiers.

While the main focus of the Expo is to prepare families for the deployment, a lot of effort has been put in to making it fun as well as meaningful. Christina Reese, Deployment Readiness contractor, explained, "I have been working with Army Community Service (ACS), the 409th Base Support Battalion (BSB) and 3rd Brigade to make the Expo something that spouses will want to attend." She continued saying, "I want to dispel the rumor that this is just another stupid, boring, Army thing. No way! Do boring Army functions have such great giveaways as Prada purses and Tiffany Co. jewelry? This is a great opportunity for spouses to find out what is going to be here for them when their soldiers deploy. The spouse portion was put together by Army spouses, for Army spouses." Reese went on to describe a little about what families might find at the Expo, "There are GREAT giveaways; over 40 agencies will be represented, and you can even take advantage of guest speakers on topics such as military and family expectations, dealing with children while one parent is deployed, and the nitty-gritty of how you can increase your finances while your soldier is in Iraq. If you are already planning to go back to the States during the Iraq deployment, this is the place you can find out first hand what will happen with your housing, paycheck, and the like. It's like a convenience store for deployment."

As Reese alluded to above, there will be many exciting

events for family members. The "Speakers Corner" will conduct mini-seminars every hour on deployment-related topics. Community agencies will reveal special events and other incentives for 3rd BCT Spouses. Free on-site childcare is available. If all of that doesn't convince you to check out the Expo, there will be a prize drawing exclusively for spouses who attend this event.

Family members are encouraged to come to the Expo with their soldier on their unit's scheduled date(s) from 11 a.m. to 6 p.m. Unit dates are listed below.

As you can see, the 3rd BCT Family and Soldier Readiness Expo will provide an excellent opportunity for spouses to get prepared for the upcoming deployment. Deployment is never easy, but the 409th BSB community is striving to show families that they do care and are committed to making the deployment go a little smoother.

Yellow Ribbon Game

Show you support your soldier and win a rhinestone yellow ribbon to wear throughout the deployment.

Speaker's Corner Topics Include:

Physical Fitness Ideas
Money Management
Stress Management
Meeting the Media
Time Management
Impact of the Mission on Family Life
Craft demonstrations

Free on-site childcare!

Special Offers from Community Agencies, such as:

Free CYS registration for first-time applicants
Free car-wash coupons
Free game and shoes at the Vilseck Bowling center
AAFES coupons

Spouses Attending the Expo can register to win:

Prada Purse
Tiffany and Co. Pendant
Pentax 3.1 Megapixel Digital Camera
Fitness Basket
Anti-Stress Basket
Sleepover Basket

Unit Expo dates (Spouses are encouraged to attend with their soldier on the date specified for their unit.)

Dec. 8: BRT and HHC 3rd BDE

Dec. 9-11: 2-63 Armor

Dec. 12, 15-16: 2-2 IN

Dec. 17-19: 201st FSB, 38th PSB, 38th Postal and 106th Finance



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Army family

Be a Powerful Presenter!

Contributed by Maria Yost

Public speaking may be the top fear of many Americans, but it doesn't have to be!

To alleviate some of those fears, the 409th BSB Army Family Team Building program will conduct instructor training from Nov. 18-21. Instructor training introduces theories of adult learning, explores different instructional methods, and demonstrates the effective use of presentation materials. In addition, students actively practice various public-speaking techniques. Department of Army (DA)-certified AFTB Master Trainers provide the instruction and also mentor the new instructors to help them succeed as presenters.

Effective public speaking is a desired career skill, and AFTB provides a safe forum for developing proficiency in this skill. After completion of instructor training, AFTB instructors teach classes on various topics including military command structure, time management, and effective communication. In addition, the 409th BSB AFTB program provides ongoing training for its instructors to encourage continuous development of their presentation

abilities. If you would like to become a powerful presenter with the 409th BSB AFTB program, call 09662-83-2797/2650 or DSN 476-2797/2650 for more information.

Army Family Action Plan

Contributed by Michelle Mc Laughlin

The 100th ASG Army Family Action Plan Conference, which includes the Vilseck, Grafenwoehr, and Hohenfels communities, is scheduled for Jan. 12-15, 2004.

The conference is designed to address issues that affect quality of life within the community and to recommend solutions to those issues.

Members of the communities identify issues that affect Army quality of life through Issue Sheets and Issue Boxes located in various facilities within the 100th ASG from October to January. These issues are then collected by the AFAP program manager and prioritized at the conference by delegates (members of the communities). About 90 percent of AFAP issues are worked at the local level. Appropriate issues that cannot be resolved at the local level are forwarded to Installation Management Agency (IMA) and/or Headquarters Department of the Army (HQDA) for possible resolution. How can you become involved with AFAP? If you have an issue or concern, submit an issue sheet for the conference. Beginning in October, issue boxes can be found in Vilseck at: the PX, CDC, ACS, Commissary, Library and the CMR. They can be found in Grafenwoehr at: the Food Court, CDC, ACS, Commissary, Library and the CMR. And in Hohenfels at: the PX, Commissary, CDC, ACS, Library and CMR.

Second, members of the community are invited to apply to become a Facilitator, leads the work group; Recorder, records ideas on visual aid; Transcriber, functions as secretary; or an Issue support person, identifies similar issues raised in the past. All of these trained

volunteer positions are crucial to the conference implementation. If you have any questions or would like to volunteer with AFAP, please contact the 100th ASG Program Manager, Michelle McLaughlin, at DSN: 476-3275/2650, CIV: 09662-83-3273/2650 or email: michelle.mclaughlin@cmty@mail.100asg.army.mil.

Hohenfels Exceptional Family Member Program

Contributed by Shellby Jones

The Exceptional Family Member Program in Hohenfels cordially invites you to attend their discussion group, "New Directions." If you are new to Hohenfels and would like to network with others or meet new friends, stop in for a group. You do not need to be enrolled in EFMP to attend. Everyone is welcome.

Popular topics in the past have been deployment issues, adjustment to military life and European culture, emotional reactions to family member disabilities and navigating the "system." New Directions meets the second Wednesday of every month from 10-11 a.m. at Army Community Service, Building 317. Call Shellby Jones at ACS in Hohenfels, 466-4860, for more information.



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TUESDAY, NOVEMBER 18, 2003

<p>Tower View Restaurant, Graf 6-6:30 pm Socializing 6:30 pm Dinner & BUNCO Cost: \$10</p>	<p>You must be a GCSC Member to play BUT IT'S NEVER TOO LATE TO JOIN! Membership is only \$20/year</p>
<p>Holiday-themed Prizes Nutcrackers & more Childcare is available at \$2.50/per child per hour</p>	<p>RSVP Reserve childcare or become a member, contact: Shelash 09641-924946</p>