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# TEA TIME

If you asked me five years ago if I'd care for a cup of tea, I would've scrunched my nose up and said: "No, thanks."

By Mary Del Rosario

Back in the States, I've always loved going to Teavana and enjoyed smelling the tea leaves and admiring the cute teapots on display, but I couldn't ever bring myself to actually enjoy it. It was one of those things that I wanted to love, but I just couldn't. Now, thanks to many "Kaffee und Kuchen," coffee and cake dates with German locals, I can proudly say I'm a tea lover.

Tea in Germany (well, Europe for that matter) is big. Not only is it soothing to the soul, but it's also a way to connect with family and friends by drinking and talking. Personally, I love eating "Marmorkuchen," or marble cake with a piping hot cup of rooibos tea in my hand. Aside from the comforting aspect, it's healthy for you. Germans swear by tea as a remedy for anything. Have a headache? Pregnant? There's a tea for that.

One of the many reasons why I grew to love tea was its accessibility. There are so many tea shops all around Germany that it's hard not to be seduced by their charm and aroma. I remember walking into Teehaus Rai, formally known as Teehaus, and instantly falling in love with this quaint store peppered with kitschy decor with a sea of loose, fragrant tea leaves all nicely presented in tin canisters. There were so many flavors, I was completely overwhelmed by my options.

Germans prefer loose tea as opposed to tea bags, and I can see why. Once you've steeped that colorful mix of strawberry and passionfruit tea, the aroma alone will be enough to get you hooked. But, don't just take my word for it. The next time you head to a city, peek your head in one of the shops and see why I love it so much.

HERE ARE A FEW WORDS OF TERMINOLOGY TO REMEMBER THAT MIGHT BE USEFUL TO YOU WHEN VISITING A TEA SHOP:

**"Ziehenlassen"** – to steep tea

**"Schwarzer Tee"** – black tea

**"Grüner Tee"** – green tea

**"Rooibos Tee"** – rooibos

**"Früchtetee"** – fruit tea

**"Kamillentee"** – chamomile tea

**"Hagebuttentee"** – rosehip tea

**"Pfefferminztee"** – peppermint tea

**"Ingwer"** – ginger

**"Zimt"** – cinnamon

**"Aromatisiert"** – flavored

**"Teelöffel"** – teaspoon

**"Teekanne"** – tea pot

*my personal favorite!!*



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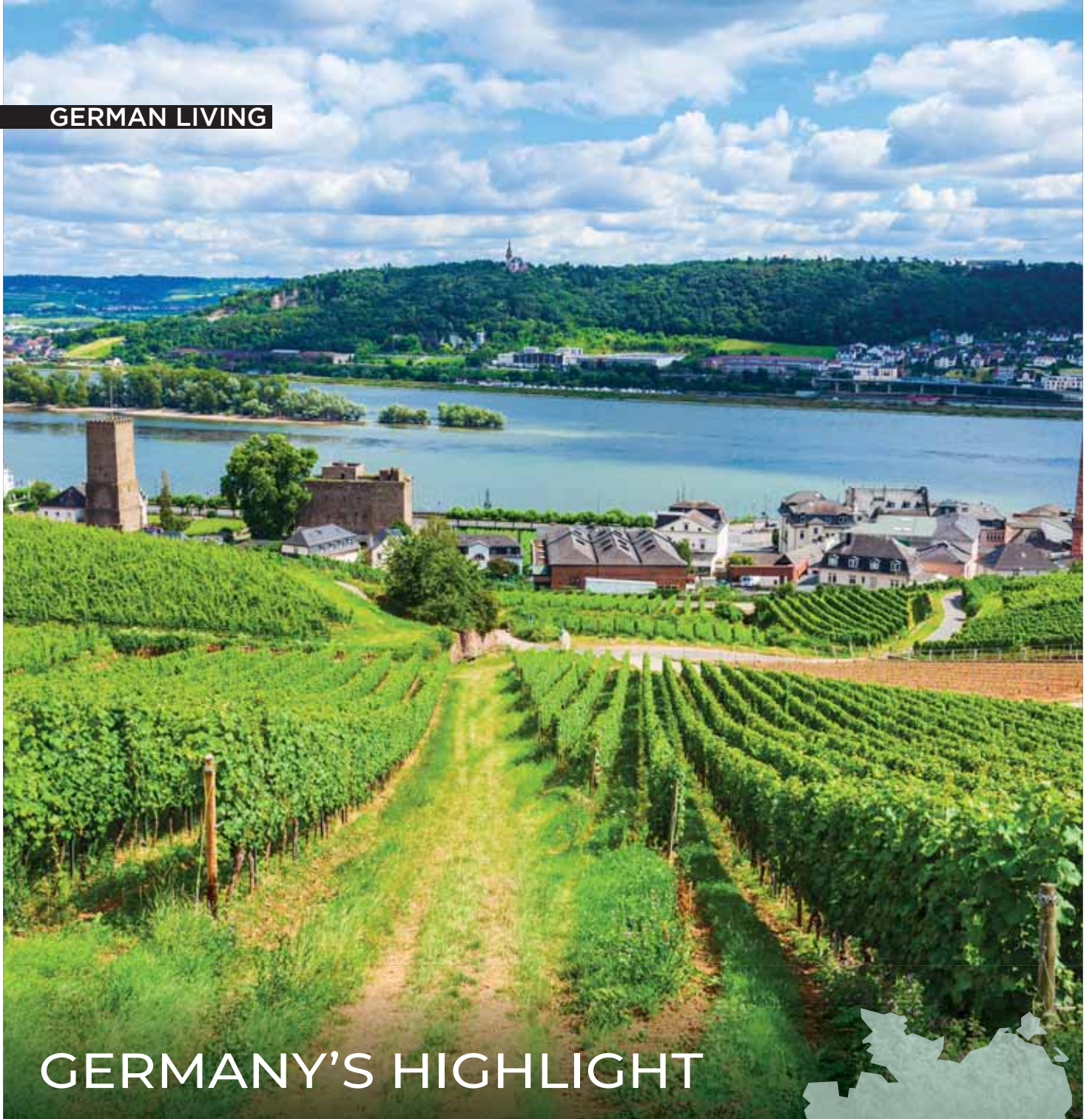
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## GERMANY'S HIGHLIGHT

# *Rüdesheim am Rhein*

By Adam Mann

Looking for the perfect day trip without breaking the bank? Nestled between the banks of the Rhine River and the Hochstein Mountains is a picturesque village that seems to be pulled right from a Grimm Brothers' fairy tale.

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**R**üdesheim am Rhein is the perfect village for children and parents alike, with a variety of activities to appeal to any interest. When getting to Rüdesheim, it is often easier to park across the Rhein River in the village of Bingen. There is free parking available at the ferry from Bingen to Rüdesheim, just off of Hafenstraße, and the ferry itself costs less than 3 euros per person.

Once you arrive, stroll down to Drosselgasse, a traditional cobblestone street, where the aroma and sounds of traditional German cooking and music can wash over you and whisk you away to a different time. There are more restaurants and stores than you can count, leaving you with plenty of options as you wander along.

At the end of the street, make your way to the charming cable cars that offer stunning picture-perfect panoramic views of the area as you work your way up to the Niederwald Monument. This impressive monument was built between 1870 and 1880 as a commemoration to the unification of the German Empire after the Franco-Prussian war. The detail in the monument itself is immense, and on the other side, you are presented with a

stunning view overlooking the Rhein and Rüdesheim.

If you're a little more adventurous, head to the edge of town and make the 1.5-mile trek up through the vineyards to the monument. Adjacent to the monument is Niederwald Park, with plenty of trails that cut through the forest that are a multitude of lengths, so you can go for a quick hike or be out for the day.

If all of this sounds more like a workout and less like a getaway, then taking a roundtrip cruise down the Rhine might sound a little more appealing. The cruises themselves are affordable, ranging from 20 to 30 euros, depending on how far you want to go down the river. I recommend heading to Sankt Goar, and exploring the small picturesque town and castle there before heading back to Rüdesheim am Rhein.

There are tour guides available on the cruise, in both English and German, to tell you about the history of the area and the countless castles that you will pass. If you opt to go to Sankt Goar, you will also pass the Lorelei statue which has its own unique folklore, all of which will be explained on the cruise. ■





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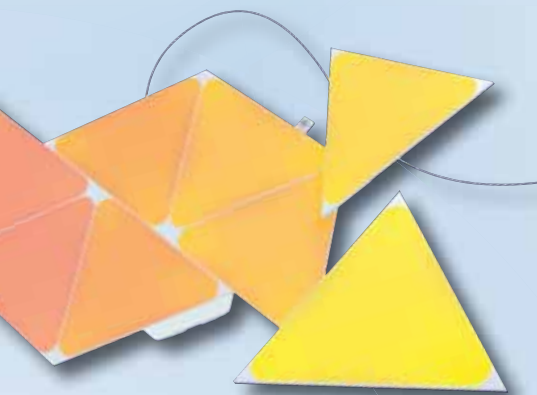
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An aerial photograph of a Greek island. In the foreground, there are white-washed buildings, including a church with a dome and a minaret. A small white van is parked on a paved area. In the background, the turquoise sea meets a blue sky. A small boat is visible in the water.

# *Visit* GREECE'S SPECTACULAR ISLANDS

By Emma Bareihs

**The wondrous waters and whitewashed towns of Greece total up to 6,000 islands. These golden beaches that you've seen in movies and pictures lure in travelers who want to explore the islands from all over the globe. Experience the idyllic culture on your next holiday by island-hopping in Greece.**

## TRAVEL INSPIRATION

To island hop, pick a cluster of islands in a close vicinity. Greece's islands are separated into six clusters. Of the six, the easiest to hop are the Cyclades. This collection includes Mykonos and Santorini, two must-see islands for first-timers. Greek island cruises offer a structured experience with daily set itineraries for different islands. If you want to explore the islands on your own, personalized time, plan on flights and ferries. These are the islands worth hopping in the Cyclades:

### ANDROS

Fly into Athens and take a two-hour ferry to Andros. If you're looking to stay fit on your trip, Andros has mountains to climb. While you're there, explore the 5 million-year-old Aladino Cave. After, wander the Neraidotopos, a scene of crystal clear waterfalls and ponds. Walk up 143 steps to the Pano Kastro built in 1200 that overlooks the Aegean Sea. Next, board an hour and a half ferry to Mykonos.

### MYKONOS

Although popular if you're looking for a fun night with drinks, music and dancing, Mykonos also holds true to the relaxed nature of Greece. Stroll along the Little Venice neighborhood of colorful houses and watch the sunset from the famous windmills. Get to Paros with a one-hour ferry.

### PAROS

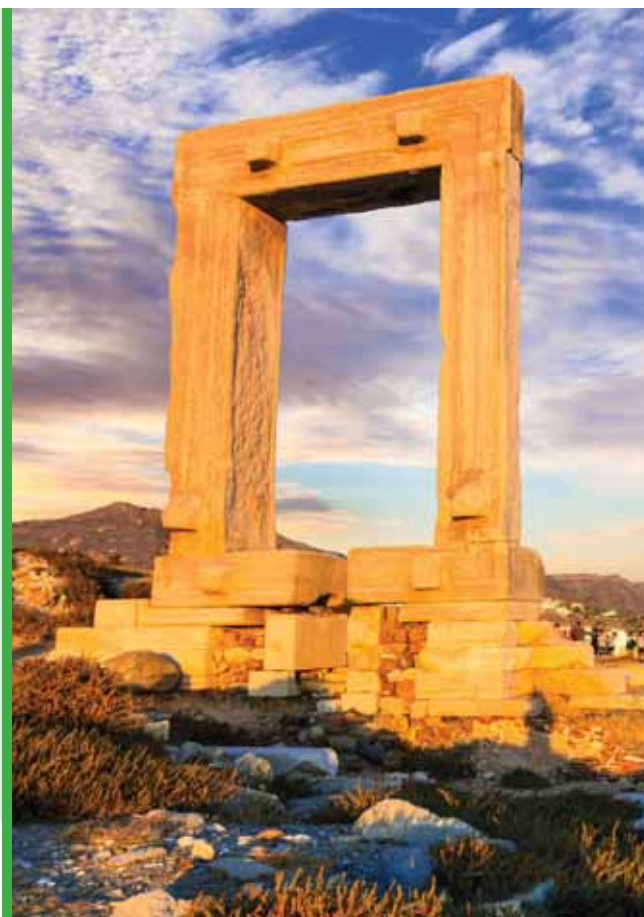
Paros is a mixture of every show-stopping Greek island: clear water, rocky terrain and Greek architecture. Panagia Ekatonpiliani, a Byzantine-era stone church in Parikia is worth a visit for the spiritual or architectural tourist. Then, tour the Agii Anargyri, a monastery with a holy spring that people collect water from. Eat in the fishing town of Naoussa. It is a short 45-minute ferry to Naxos.

### NAXOS

Where the god of wine, Dionysus, grew up in Greek mythology, Naxos boasts with vineyards. Most of the island's delicacies are also known for the island-produced cheese. Pair Graviera Naxou and Arseniko, famous island cheeses, with the local wine. Continuing the food theme, tour one of the many olive mills such as the Olive Mill at Demari, Naxos' first motorized olive mill. Santorini is an hour and 15-minute ferry away.



Fishing village on Paros





## SANTORINI

Tourists are drawn to Santorini, a spectacle of Greece. Walk along a black sand beach or get lost in the white and blue villages of Fira and Oia. You will find shops, food and picture-perfect settings for sunset. Take a two-hour ferry to Milos.

## MILOS

Although famous for the Venus de Milo, placed in the Louvre Museum today, Milos remains one of the least-crowded islands in the Cyclades. You can't go to Milos without a trip to some hot springs. One of the most popular mineral baths is Ta Loutra tou Lakkou, recommended for skin diseases, and muscle and joint pain. Visit Sarakiniko beach to sunbathe on moon-like rocks. Board an hour and a half ferry to Serifos.

## SERIFOS

Get active on the hills of Serifos. Hike the mining trail called Megalo Livadi, where a mining industry once thrived, to find mining cars and tracks hidden in the mineral-rich island. Trek the terrain of Serifos to find the mythological one-eyed Cyclops Throne for a panoramic view. Finish the getaway with a two-hour ferry to Athens.



Famous windmills  
on Mykonos



## GOOD TO KNOW

1. If you opt for a cruise, keep in mind that most cruises are going to stop at the most popular islands.
2. Avoid the tourist peak in July and August. The spring, while still busy, will not be as crowded as the summer months.
3. Do not plan on flying to each island. While some islands have small airports, most islands do not. Speed ferries are the best option. On average, ferry tickets can range from 5 euros to 40 euros.
4. Plan your days around ferry times. Depending on what season you decide to hop, ferries may not be as frequent. Book your tickets in advance and plan your trips according to the ferry schedule.
5. Booking tickets online is the best way to reserve seats. However, many online bookings only give you a receipt. Take your receipt to the ferry booths to pick up tickets.
6. Pack light. Chances are you will be climbing many stairs and boarding many boats. Avoid tired arms by not packing large and heavy bags.
7. Pick a few islands and spend more days on them, or hop several islands knowing that your time will be short.
8. Renting a scooter or 4-wheeler for the day might be cheaper than taking buses or taxis around to sites.
9. Most ferries have food and drinks. But, remember to bring plenty of water to stay hydrated in the sun.
10. Snagging an outdoor seat on the ferry offers the best views of the surrounding sea. Most of the outdoor seats are shaded, but windy. ■





Plaka Stairs - Famous cafe-lined stairs. Among the cafe-restaurants that exist in the area is Yiasemi.

# Up Close and Personal *with* Plaka

by Stacy Roman

Visiting any major metropolis usually means checking out famous sites—the Colosseum in Rome, Buckingham Palace in London, the Eiffel Tower in Paris. In Athens, places such as the Parthenon, Acropolis and the Theater of Dionysus are likely to get crossed off your bucket list. However, it's not just ruins and landmarks that make up a city. Vibrant neighborhoods teeming with culture, history and, my personal favorite, food, mix together to create a phenomenal spot just waiting to be discovered. In Athens, this can be found just to the northeast of the Acropolis in Plaka.

Dating back more than 3,500 years, Plaka is one of the oldest settlements in not just Athens or Greece, but Europe as a whole. Walking through the steep, narrow cobblestone alleyways is like stepping back through time. Although the area is arguably more gentrified and a bit touristy, it still retains its Bohemian nature and old-world charm.





## What to Do

Dotting the hilly streets are plenty of jewelry and trinket shops to find the perfect one-of-a-kind souvenir or just marvel at the colorful blooms blanketing the rustic building facades. There are plenty of historical places to see without leaving the neighborhood. The Tower of the Winds, Doorway of the Medrese and the Mosque of Mehmet the Conqueror are all within short walks of each other. If the kids need a little entertainment, head to the Museum of Greek Children's Art for hands-on and interactive exhibits. For a romantic date night, bask in the twilight at Cine Paris, an outdoor movie theater with breathtaking views of the city and the Acropolis.

*While touring the well-known historical landmarks are a must-do, take a day (or two) and get up close and personal with the spaces and places surrounding the city. You'll discover amazing sights and beautiful culture around every corner.*



LEFT: Tower of the Winds - considered the world's first meteorological station.

RIGHT: The Roman Agora towards the Tower of the Winds.



## Good Eats

Start the day by heading to one of the local cafes such as Oionos Cafe Bar or Kidathineon, both of which are perfect for people watching at the park across the street, for a delicious latte and thick, creamy yogurt with locally sourced Greek honey. Or try a slice of spanakopita, a tasty spinach and feta mixture enveloped in flaky phyllo. Feeling a bit warm from the Mediterranean sunshine? Head to DaVinci Gelato or Coco's Ice Cream for a refreshing sweet treat.

For dinner, head to Taverna Saita, a traditional Greek taverna off the beaten path that offers freshly caught seafood, savory souvlaki, mouthwatering moussaka and tantalizing baklava for dessert. A great spot for a light bite and dessert is Yiasemi, complete with tables perched on the stone steps outside. Offering a variety of tarts, pies, salads, cakes and an array of delicious imbibements, it's a cozy and friendly place to reflect on the day. ■



TOP: Spanakopita  
MIDDLE: Souvlaki  
BOTTOM: Baklava

# How to Spend 48 Hours in Chamonix, France

By Anna Leigh Bagiackas

The alpine resort town of Chamonix, France has become an epicenter for climbers, skiers, hikers and outdoor enthusiasts. With glaciers, trails, ice tunnels and awe-inspiring peaks, you don't need a week to check off some of these bucket-list items when it is safe to travel again.

## WHAT TO SEE

Whether you're a thrill-seeking skier or prefer to catch views closer to solid ground, Chamonix has lots to offer you. Home to the very first winter Olympics in 1924, this French destination continues to welcome skiers, snowboarders, hikers, climbers and tourists from all over the world. While you could spend a weeklong vacation exploring via a pair of skis or a snowboard, the many public transportation options allow you to see the best of the area in just 48 hours.

For those coming for the views, your first adventure should be the gondola ride up to the 3,842-meter Aiguille du Midi peak. This is Europe's highest lift station and offers a close-up of Mont Blanc, Western Europe's highest peak. While there, check out "Step Into The Void," a glass room with 1,000 meters of free air below for a safe, yet heart-pumping experience. From there, you can hike to the Montenvers Train Station and the 7-kilometer Mer de Glace, France's longest glacier. If a hike isn't up your alley, you can also take a train ride to the glacier where you can walk through ice tunnels followed by a bite to eat at Restaurant Le Panoramique Mer de Glace. As the glacier decreases in size each year, it is hard to avoid contemplating the environment around you. For another bucket-list gondola ride, take the Skyway Monte Bianco cable car trip that crosses the border into Italy, landing at Helbronner Point. Other unique rides include the cog rail Tramway du Mont-Blanc and Le Brevent Gondola for the best views of Mont Blanc, where you can also dine with amazing scenery at the mountain restaurant.

For the best visuals, get up early and catch one of the first cable cars to avoid the clouds rolling in, typical in the afternoon. In the non-winter months, catch some speed (or go for the slower, more leisurely ride) down the Chamonix Luge Alpine Coaster and watch paragliders take flight in this hub of mountain flying. For those wanting to enjoy views from below, you can walk or hike along the Arve River between Chamonix and Les Praz.


## MUST-TRY FOOD AND DRINKS

While you might think that the mountainous views are what it's all about in Chamonix, you are still in France, therefore food and drink are a top priority. You are in Haute-Savoie cuisine territory, meaning meals are heartier and more reminiscent of what you'd find in Switzerland than in Paris. You will find various combinations of delicious melted French cheeses, potatoes and cured meats, such as fondue, raclette and "tartiflette," which is made up of potatoes, bacon and cheese. These are popular choices after a day on the slopes and these dishes will warm you from the inside out, as well as a glass of French wine. Try the "Fendant," a local wine made from the region's Chasselas grapes. ■





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*Please note: These events are all subject to change during the ongoing COVID-19 response. Please call the facility in advance to ensure the event is indeed happening as scheduled.*

### Virtual Foreign Born Spouse Meeting

Get together with fellow foreign-born spouses during Treffpunkt meetings that are held every second Wednesday of the month from 11:30 a.m. to 2 p.m. at Army Community Service. Call ACS at civ (0611) 143-548-9201 to register.

### Making the Most of My TSP

Army Community Service's Financial Readiness Program offers a wide range of classes aimed at helping community members better manage their finances. This virtual class, on Jan. 5, 2021, from 9-10:30 a.m., is mandatory for Soldiers vesting in the Thrift Savings Plan. Call civ (0611) 143-548-9201 to register and inquire about other upcoming classes.

### Dri Tri II

Take part in the Dri Tri II — a five-kilometer spin bike ride, five kilometers on the rowing machine and a 10-kilometer treadmill workout — Jan. 4-18



### Take part in the Dri Tri II Jan. 4-18.

at the Wiesbaden Sports and Fitness Center. The times of all three elements will be combined for the final score. Individuals and teams can participate with first-, second- and third-place medals going to winners in both the individual and team categories. Also, T-shirts will be presented to each participant while supplies last. Call civ (0611) 143-548-9830 or stop by the Fitness Center to schedule your individual or team workout reservation time.

### Light Up the Mind

The Wiesbaden Library hosts the Light Up the Mind winter reading program through March 19, 2021. Patrons can earn badges and tickets by logging their reading. Tickets can then be used to enter the library's weekly drawing for a door prize. Visit [wiesbaden.armymwr.com/programs/wiesbaden-library](https://wiesbaden.armymwr.com/programs/wiesbaden-library) for more information.

### U.S. Forces German Hunting Course

Wiesbaden Outdoor Recreation hosts its next U.S. Forces German Hunting Course Jan. 26 to April 24, 2021.

Successful course completion gives you the right to purchase a German Hunting License and to be knighted during a traditional Jaegerschlag ceremony. Classes are held Tuesdays and Thursdays from 6-9 p.m. Shooting and practical exercises are on Friday afternoons. Cost is \$250 per person (includes registration fee and membership in the Wiesbaden Hunting, Fishing and Sport Shooting Program — ammunition, transportation costs and range fees are extra). Participants must be U.S. citizens and hold a valid ID card. Call civ (0611) 143-548-9801 or stop by the Outdoor Recreation Center on Clay North to register.

### Ask the Team

Get your questions answered virtually during the weekly "Ask the Army Community Service Relocation Readiness Team"

sessions. The MS Teams sessions are held online every Tuesday at 10:30 a.m. Send an email to [usarmy.wiesbaden.imcom-europe.mbx.mwr-acsc@mail.mil](mailto:usarmy.wiesbaden.imcom-europe.mbx.mwr-acsc@mail.mil) to request an invitation to join a session.

### U.S. Forces German Fishing Course

Learn what you need to know to purchase your German Fishing License and successfully fish while in Germany during Outdoor Recreation's Fishing Course Feb. 3-7, 2021. Course subjects include Fishing Law, Hydrology, Equipment, Ichthyology, Diseases and more. Cost is \$75 for adults ages 16 and up or \$25 for ages 10-15 (minimum age is 10). Register at the Wiesbaden Outdoor Recreation Center on Clay North or call civ (0611) 143-548-9801.



### Fitness Center Classes

Join fellow community members for a host of great fitness classes at the Wiesbaden Sports and Fitness Center. Classes include everything from yoga to spin, martial arts to functional fitness training — and lots more. Stop by the center or visit [wiesbaden.armymwr.com/happenings/group-fitness-classes](https://wiesbaden.armymwr.com/happenings/group-fitness-classes).

### Virtual Mommy and Daddy 101

Pick up the tools to become an outstanding parent during Mommy and Daddy 101 classes, courtesy of Army Community Service, on Jan. 5 from 9 a.m. to noon, or Jan. 19 from 5:30-7:30 p.m. Call civ (0611) 143-548-9201 for class log-in details.

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