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# PLAN AHEAD

By Katie Wells



## BAVARIA

### Dachau Volksfest

AUG. 9–18, 2025

This folk festival is one of Bavaria's most popular, hosting over 300,000 people each year. It has its origins in horse races first held in 1652 and maintains the old Bavarian folk festival experience for modern-day visitors, located in the center of Dachau at the foot of the Old Town Hill. There will be a wide range of shows and fair rides for children and adults each day. On Aug. 15, visitors can partake or cheer from the sidelines as the annual international bicycle race around the historic old town takes place for the Assumption of Mary holiday. Don't miss an impressive, colorful fireworks display above Dachau Castle; it's a crowd favorite.



## KAISERSLAUTERN

### Middle Moselle Wine Festival, Bernkastel-Keus

SEPT. 4–8, 2025

An easy day trip one and a half hours from the KMC, this is one of the most popular wine festivals to attend. The highlight is trying local wines from the Moselle region which lies along the wine route. The program includes plenty of other attractions like the traditional Moselle Flower Evening as well as a grand parade and a magical fireworks display. There will be live music spread across five stages while you sip wine and enjoy tasty festival food like *kartoffelpuffer* mit *apfelmus* (potato pancakes with freshly made apple sauce). If you attend on Friday, don't miss the coronation of the new *Mosella*, the wine queen of Bernkastel-Keus.



## STUTTGART

### Lab Fest, Stuttgart

AUG. 29–31, 2025

Every year for over 40 years, this volunteer-based and free family-friendly music festival takes place during the last weekend in August at the Berger Festplatz in the Lower Castle Garden. Musicians and artists perform a mix of different music in the garden tent for thousands of visitors. Musical genres include blues, singer-songwriter, jazz and world music. In true festival fashion, there will also be cabaret, plenty of culinary delights from around the world to try and an arts and crafts market where visitors can leisurely shop handmade, regional items. On Saturday and Sunday there will be children's theatre performances, face painting, a circus and a play area.



## WIESBADEN

### Mainfest, Frankfurt

AUG. 1–4, 2025

The Main Festival in Frankfurt takes place right on the banks of the River Main. The festival reflects the blended culture and liveliness of the city. Traditionally, it was a fishing festival that "paid homage to the river and its bounty." There will be plenty of festival traditions for young and old including rides, regional food and cultural programs. Additionally, there is a fishermen's joust where courageous participants dressed in historical costumes compete against one another with long wooden poles while balancing in boats. Try "ox on the spit" (a specialty roasted ox) and sip wine from the fountain of justice, where wine instead of water flows from a historical city fountain. You can also shop from many market stalls selling handmade and regional items. ■

Scan here to see what is happening  
in your community.



# MWR GO

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## ENJOY MAY WEATHER WITH MWR

### FRIDAY NIGHT SCRAMBLE

Come to the Rheinblick Golf Course on May 2, 16 and 20 for a 9-hole scramble tournament where you make your own 4-person team. May shotgun starts are 6:30 p.m. Participants must be present 30 minutes prior for registration and payment. Rheinblick/Rhein-Main Members pay \$15. ID cardholders pay \$25. All others pay \$40.

### FREEDOM RUN

The Annual Freedom Run takes place on May 3 at the Wiesbaden Sports & Fitness Center. Choose from a 10-mile run, a 5k run or the children's half-mile run. The 10-mile run requires a \$20 registration fee. Registration ends May 1. Awards will be presented to the overall Champion for male and female and the top three finishers in each category.



### LUNCHTIME SERIES

Army Community Services holds an Interviewing Skills class as part of the Employment Readiness Program's Lunchtime Series on May 6 from 11:30 a.m. to 1 p.m. This is a free event. Register at ACS or call civ (0611) 143-548-9201.

### TRIVIA SPRING LEAGUE

Show off your knowledge of a variety of random facts and arcane trivia during the biweekly Trivia League competitions at the Wiesbaden Entertainment Center Lounge on May 7 and 21 from 7–9 p.m. Free entry, no registration required.

### FOUR-PERSON SCRAMBLE

Come to the Rheinblick Golf Course on May 10 for a 9-hole scramble tournament where you make your own 4-person team. Shotgun

start is 9 a.m. Participants must be present 30 minutes prior for registration and payment. Rheinblick/Rhein-Main Members pay \$30. ID cardholders pay \$40. All others pay \$60.



### MINI JOB FAIR

Army Community Service's Employment Readiness Program hosts a Mini Job Fair on May 13 from 10 a.m. to 1 p.m. at the ACS Multi-Purpose Room. Various local agencies will be represented. Resources available include resume review, interview tips and networking opportunities. Come dressed for success and bring copies of your resume. This is a free event, no registration required.

### GERMAN FISHING COURSES

Learn what you need to know to purchase your German Fishing License with Outdoor Recreation on May 16 from 6–10 p.m. Included in the course are the following: registration fee and a one year HFSS program membership for non-members. Some of the course subjects taught are Fishing Law, Hydrology, Equipment, Ichthyology, Diseases and much more. Minimum age requirement is 10 years. Registration fees are \$75 for adults ages 16 and up and \$24 for ages 10–15. Register at Outdoor Recreation or call civ (0611) 143-548-9801.

### LIVE COMEDY AT THE WEC

Enjoy a free comedy show in the Lounge at the Wiesbaden Entertainment Center on May 16 from 7–9 p.m. Free entry, no registration required. For line-up information, please contact the WEC at civ (0611) 143-548-9406.

### MURPH 5K RUN

The Murph 5K Fun Run will be held at the Wiesbaden Sports & Fitness Center on May 24

beginning at 9 a.m. This is a free event. Registration starts at 7:30 a.m. the day of the event.

### RECURRING MONTHLY EVENTS:

**May 1, 15:** Wood Shop Safety Class  
**May 3, 17:** Commissary/PX Shuttle  
**May 3:** Picture Framing 101  
**May 4:** Brick Builders  
**May 5, 19:** Dad Talk  
**May 6:** Stress Management  
**May 8, 22:** Sponsorship Training  
**May 11:** Family Crafternoon  
**May 13:** Military Appreciation Meal  
**May 13:** Kitchen Chronicles  
**May 14:** Foreign Born Spouse Meeting  
**May 14:** Hearts Apart  
**May 14, 28:** ASL Club  
**May 18:** Brainiacs!  
**May 20:** Spouse Orientation  
**May 20:** Couples Communication  
**May 25:** Welcome to Your Book Club  
**May 26:** Learn to Crochet  
**May 27:** Positive Parenting

### LANDEURO 2025

AUSA hosts the LANDEURO 2025 exhibition and symposium in partnership with U.S. Army Europe and Africa from July 16–17. The event will be held at the RheinMain Congress Center in Wiesbaden. LANDEURO 2025 is the premier land warfare symposium and exhibition. This must-attend event will bring together military leaders, defense professionals, and key industry players to discuss the latest developments in Army technology, strategy and policy. For event details and registration info, please visit [meetings.ausa.org/landeuro/2025](https://meetings.ausa.org/landeuro/2025).

*No Federal Endorsement Implied.*





# The Medieval Waldumgang



©MATTHIAS CS DREYER/KULADIG.DE

By Kat Nickola

The image above is the back of a **Notgeld** issued by the Kaiserslautern government in the year 1923. Notgeld was emergency money printed to counteract inflation and currency shortages during World War I. On it, they have chosen to highlight one of the city's unique medieval traditions: the **Waldumgang** (and its interesting spanking ritual).

During the Middle Ages, every ten years or so, walks around the forest boundary were held in Kaiserslautern and other villages whose citizens had woodland rights. These forest walks are called a "Waldumgang" and the first one in Kaiserslautern is documented in 1514.



©KAT NICKOLA

The goal of a Waldumgang was to remind the youth of the village, especially the young men, about their responsibility to maintain the forest borders for use by the citizens. **Stone markers** in the woods marked out the perimeter of the city forest, and they were checked during the walk.

As part of the tradition, one of the young men (we assume they took turns) had to bend over each stone to receive three spanks by the city mayor. He used a switch made from layered beech wood that was supposedly more loud than painful. Why? We can only guess that it was a multi-sensory way to beat that location, and the importance of the forest, into their memory.

You can still find these boundary stones and other interesting stone monuments in the forests south of Kaiserslautern, and around other towns, while hiking in the woods today. ■

Visit Kaiserslautern's free Wildpark for a glimpse at the forest's native creatures.

Scan here for more information.





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# Der Pfälzerwald

By Tamala Malerk

## History

The **Pfälzerwald** (Palatinate Forest) is the largest contiguous forest area in Germany, and lucky for you, right in your backyard. Its historical development dates back to the 1950s with the founding of the **Nature Park**, which was placed under preservation protection in 1967. Those preservation efforts were even expanded in the 1980s: Germans are serious about protecting their forest areas.

There is not only a lot of history in this area and so many opportunities for you to interact with the forest, it is also home to the **Biosphärenreservat Pfälzerwald-Nordvogesen**, which was designated by UNESCO as the first "cross-border biosphere reserve in Europe" because of its dual locales in the French and German border areas.

According to [pfaelzerwald.de](http://pfaelzerwald.de), "biosphere reserves help to preserve natural resources, prevent environmental pollution and raise awareness of environmentally friendly behavior." This designation allows for a deeper relationship between the forest and the people of Germany who can gain a better understanding and appreciation of the area through preservation, conservation, educational opportunities and events. The German part of the forest has been recognized as a biosphere reserve since 1992 and the French part joined in 1998. This UNESCO site is home to many plants, animals, breathtaking views, castles and ruins.

## Adventuring

For those who like outdoor adventuring, the forest offers a variety of opportunities. For those who want to experience Germany from above, there is paragliding and rock climbing. You can marvel at the gorgeous landscapes below by paragliding from one of the approved take-off mountain areas around **Annweiler**. Climbers have a variety of rocky crags that offer the chance to experience different climbing experiences: honeycomb walls, cracks, pebble deposits, cracks and friction plates.

Whether you are a seasoned long-distance hiker or just looking to take a leisurely stroll and perhaps see one of the 150 castles in the forest, there are plenty of trails. Within the biosphere portion, there are roughly 80 hiking starting points and over 100 huts to stop at along the trails. These huts offer a place to rest your feet, grab a hearty meal to fuel further hiking and, of course, some tasty local Palatinate wine. The most dedicated of hikers can take part in the **Palatinate Forest Hiking Marathon** which is held annually on the last Sunday of October.

## Relaxing

The forest isn't all about sweating and working hard. It's also a place to relax and enjoy leisurely activities. The entire family can enjoy geocaching, the use of coordinates and GPS devices to find hidden places and "treasures" throughout the area.

Throughout the year, there are four chances to check out the **French-German Farmer's Market** at various areas throughout the Biosphere. At the market, up to 65 vendors offer French and German treats such as juice, honey, goat cheese, sausage, jam and wine. In 2025, the markets will be held on May 4th (Neustadt), June 15th (Rumbach), Sept. 7th (Grünstadt) and Oct. 19th (Maikammer).

To learn more about the conservation efforts, where to geocache, getting approval for paragliding or any forest related activities that sparked your interest, go to [pfaelzerwald.de](http://pfaelzerwald.de). ■

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# Adina





# GERMANY'S LOVE *for* FORESTS

By Kat Nickola

**L**ike most groups, any gathering of German citizens will find people who disagree on everything from politics to diet, however what they will find consensus on is the value of German forests. More than just locations for recreation or an environmental green lung (though they very much are revered as such), forests hold a deeper, nearly mythological, space within the German psyche. The woods seem to represent a cultural homeland, a place where all people can go to be in touch with their origins and nature.

Forests have been embraced by groups living in Germany from the earliest times. Celtic peoples in the south and west of Germany as well as groups from Scandinavia who migrated into the northern parts of Germany had forest-based traditions. While they may have been organized into numerous unique tribes, the ancient German peoples thrived in a woodland environment and venerated sacred groves and special trees. Oak tree iconography can trace its origins to this time and lasts to this day as a national symbol.

**Try the Harzer Hexen-Steig (Harz Witches' Trail), a 100 km hiking trail in the Harz mountains that visits some of Germany's oldest magical forest sights. ([harzinfo.de](http://harzinfo.de))**

When the Romans attempted to control Germania, they were often thwarted by the local populations who were, according to descriptions by Roman historian Tacitus, much more adept at fighting in the deep dark forests. In fact, Tacitus describes Germania as being "universally shagged with forests," and says that the Germanic warriors used forest creatures and symbols from sacred woodlands as their battle standards. Those woods may ultimately have saved the Germanic people from full Roman incursion: certainly a resource worth treasuring.

**The primeval forests of Germany were largely beech forests. While the trees may not be centenarians (beeches live for roughly 250 years) there are a few remaining ancient groves. Visit the primeval forests of Hainich National Park for a peek back in time. Don't miss the wooden canopy walkway to see the woods from the treetops. ([nationalpark-hainich.de](http://nationalpark-hainich.de))**

**The Bavarian Forest National Park is part of the largest protected forest in Europe, and likely the location of the ancient Hercynian Forest that blocked Caesar's advance into Germania. Extensive hiking trails are the highlight here, with well-marked trails, adventure paths and forest playgrounds. ([nationalpark-bayerischer-wald.bayern.de](http://nationalpark-bayerischer-wald.bayern.de))**

## BROTHERS GRIMM

Jacob and Wilhelm Grimm are best known today for their publication of folk tales, though they were also astute historians of language and mythology. Over half of the stories in their collections took place in forests.

Visit the "fairytale forest" of Reinhardswald in north-central Germany to explore the region where the Grimm brothers collected many of their stories. Stop in at Rapunzel's tower in Trendelburg, or visit Sleeping Beauty's castle in Sababurg. ([naturpark-reinhardswald.de](http://naturpark-reinhardswald.de))



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“

The romanticism of walking in the woods, appreciating a sacred grove, experiencing nature at its purest and touching the roots of mythology is as near to German patriotism as you can get.”



Trees essentially grew everywhere in Germany until the Middle Ages when land ownership shifted toward the elite members of society, including wealthy nobility, feudal lords and large church-held estates. Forests suffered as more land was cleared for farming and lumber became a commodity. Nonetheless, even by the mid-1200s, many towns had limits on forest usage that could be considered sustainable management. Forest income and hunting privileges were only a benefit for the elite. However, in some places like the Stadtwald of Kaiserslautern, certain grazing and gathering rights were given even to the lowliest of peasants and are still in place for citizens today.

For a medieval forest experience, you cannot beat a visit to the Black Forest National Park. Named by the local tribes for its dark and formidable density, the area is still only dotted with small villages tucked into the woods. You cannot go wrong staying in Gengenbach or Schiltach, with a day trip to Freiburg to feel like a peasant of the Middle Ages visiting the big walled city. ([national-park-schwarzwald.de](http://national-park-schwarzwald.de))

Industrialization of the 1700s saw an utter collapse of German forests. Mining was the biggest culprit as wood was needed to burn in smelting factories. The effects were so dramatic that in 1713 Hans Carl von Carlowitz of Leipzig created the first forest sustainability plan (he even coined the term “sustainable use”) in an effort to counteract the long-term negative environmental effects. This environmental consciousness, especially when it comes to woodlands, is still an ingrained ideology throughout Germany. Elementary schools visit forest classrooms and kids grow up spending school time building structures from fallen branches out in the nearest woods.

To backpack into the forests of Germany for wild camping, you must reserve a Trekking Campsite at one of 15 national or regional parks. Try the Hunsrück National Park ([nlphh.de](http://nlphh.de)) west of Wiesbaden, the Franconian Forest ([trekking-bayern.de](http://trekking-bayern.de)) north of Grafenwöhr, the Pfälzerwald ([trekking-pfalz.de](http://trekking-pfalz.de)) south of the KMC, or the Upper Danube Nature Park ([trekking-obere-donau.de](http://trekking-obere-donau.de)) south of Stuttgart.

Forests define Germany. While there are many patriotic themes that Germans seem to steer clear of for fear of leaning too far into former nationalist ideas, there isn't a faux pas in taking pride in the Germanness of forest veneration. The Nazi party used forest-based propaganda with trees planted in the shape of swastikas and Olympic Oaks, or “Hitler Oaks,” were given to gold medal winners of the 1936 Summer Olympics in Berlin. Despite that, devotion to woodlands seems to have shed any long-lasting negative correlation and has risen above any particular political association. The romanticism of walking in the woods, appreciating a sacred grove, experiencing nature at its purest and touching the roots of mythology is as near to German patriotism as you can get. ■



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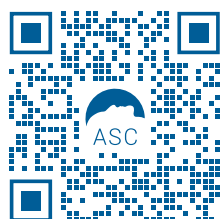
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# What is the flavor of WALDMEISTER?

By Karen Bradbury

**H**ave you ever looked up an unfamiliar German word in a dictionary, only to find its English translation leaving you every bit as baffled as you were to begin with?

That might well be the case if you were to look up the word “Waldmeister.” It turns out this stuff is called “woodruff” in English.

**Waldmeister = Woodruff**

Great. But what on earth is it?

It turns out, this flowering plant is native to much of Europe, from Ireland to Spain and as far east as Siberia. Although it grows in the wild, it is also widely cultivated for its flowers and sweet-smelling leaves. The plant owes its unique and pleasing smell to an aromatic organic chemical compound known as coumarin, an odor that’s also associated with vanilla beans and cinnamon.

Waldmeister looks back upon a rich history of use in medicine and religious ceremony, and even today, it finds its way into a variety of German drinks and foodstuffs. As it can be toxic in large doses, it’s always best to exercise moderation when using the natural plant.

Here are just a handful of places to be on the lookout for this flavor largely unfamiliar to American taste buds:

**ICE CREAM:** Waldmeister is one of the more intriguing flavors you’ll find as an option for your next scoop of gelato. It has a citrusy pine taste that reminds you of the woods.

**BEER:** In the beer gardens of Berlin, a common treat is a weisse, a sourish wheat beer. To sweeten it up, bright green Waldmeister syrup is often added. This beer is served with a straw, enabling the drinker to swirl the syrup around. To try this at home, reach for the beer known as a Berliner Kindl Weisse Waldmeister.

**CANDY:** Waldmeister is a flavor option in many types of hard candies and the ever-popular gummy bear. Stands selling hard candies at markets will offer this among their more adventurous options.

**TEA:** Waldmeister tea is used as a remedy for headaches and migraine, as well as insomnia.

**MAIBOWLE COCKTAILS:** On April 30, Germans across the land stay up late to celebrate **Walpurgisnacht**, an evening to celebrate the arrival of spring with fire, witchy pranks and traditions, maypoles and dancing into the month of May. The Maibowle is the beverage of choice on this wild night. To concoct a hefty portion, add two or three spoonfuls of Waldmeister syrup to one bottle of dry white wine mixed with half a bottle of sparkling white wine (Sekt). Add a spoonful of brown sugar and one stem each of fresh mint and lemon balm, plus a couple slices of lemon. Enjoy chilled, secure in the knowledge that spring has sprung, and the best months of the year lie ahead.

So, now you know! Waldmeister is a delicious taste of the forest. ■





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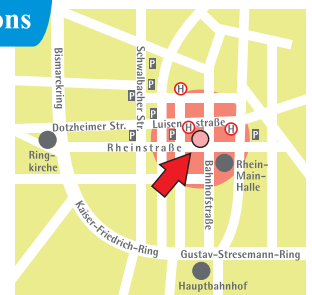
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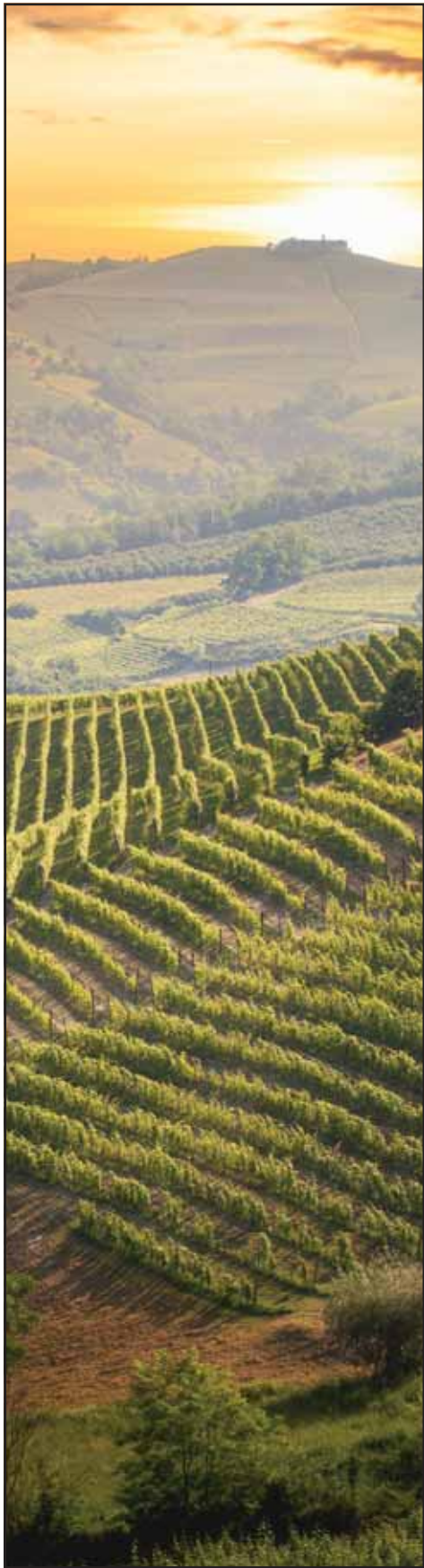
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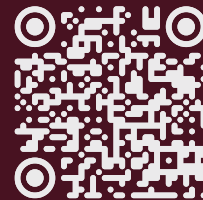
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