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# Base Events



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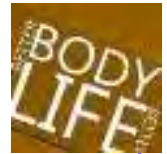
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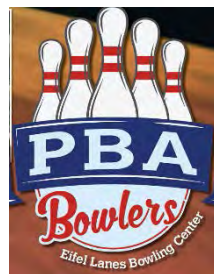
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Spangdahlem



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## August 2016

A resource directory for Sabers and their families.



[Women, Infants & Children Overseas Program](#)



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[Cancer Support](#)

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# SPANGDAHLEM MULTI-CULTURAL AWARENESS DAY

18 AUGUST 2016

TIME: 0900-1600

LOCATION: CLUB EIFEL

EVENT FOR ALL 52 FW SABERS  
(FAMILY AND FRIENDS)

CULTURAL EDUCATION

ALTERNATE DUTY LOCATION

FOOD TASTING

MUSIC AND DANCING



# EIFEL SCHOOLS' FREE AND REDUCED LUNCH PROGRAM

Applications accepted starting 1 July for the 2016-2017 school year

Parents of children in K-12 are encouraged to apply for the Free and Reduced Lunch Program through the School Liaison Office.

*Applications must be done each year.*

It's easy! You can get the application from any of the schools, the School Liaison Officer or visit the Spangdahlem Air Force Base web site at <http://www.spangdahlem.af.mil/Portals/10/documents/AFD-150626-017.pdf>. Return the form to [christine.damico@us.af.mil](mailto:christine.damico@us.af.mil) or to Bldg. 151 Room 208.



Contact the School Liaison Office  
with any questions.

Christine D'Amico 452-6942

Household Size	Reduced Price Meals		Free Meals	
	Annual	Monthly	Annual	Monthly
2	37,037	3,087	26,026	2,169
3	46,620	3,885	32,760	2,730
4	56,203	4,684	39,494	3,292
5	65,786	5,483	46,228	3,853
6	75,369	6,281	52,962	4,414
7	84,952	7,080	59,696	4,975
8	94,572	7,881	66,456	5,538



# WELCOME

## Spangdahlem Elementary

### Open House

Grades K - 5

Tuesday, August 30, 2016

1345 - 1445



### School Treasure Hunt

sponsored by SPES PTA

Vote for our new school mascot  
during Open House

5th Grade Teachers will be over at Spangdahlem Middle School in their classrooms to meet/greet.





## Spangdahlem Middle School

# PTSA Presents Welcome Back to School BBQ



FREE FOOD WILL BE PROVIDED

Tuesday, August 30<sup>th</sup> 2016  
3:00PM – 5:00PM

PTSA Drive will be available along with the school club's information booth.

The school will be open to look around and get acquainted with the school layout.

**Looking to volunteer? We will have a sign-up sheet at the PTSA booth, which will include volunteer opportunities with the school and PTSA.**

Schedules can be picked up in the front office

Located at Spangdahlem Middle School

Spangdahlem Middle School PTSA

Follow us on Facebook at: <https://www.facebook.com/SMS.PTSA>

Spangdahlem Middle School will host a New Student Orientation on 25 August at 1230 starting in the Information Center. This is for any students new to Spangdahlem Middle School. For more information, please call the school at 452-7205.



# Welcome to BITBURG High School Home of the Barons!



## **New Student Orientation and Burger Burn!**

Date: Friday, August 26, 2016

Place: BHS Cafetorium

Time: 9am-11am

This is a great opportunity for **NEW** students in Grades 9-12 to pick up schedules, take a guided tour of the school, meet the Faculty, Coaches and Administration and get information concerning SAT/ACT Testing and BHS Clubs, Sports and Activities.

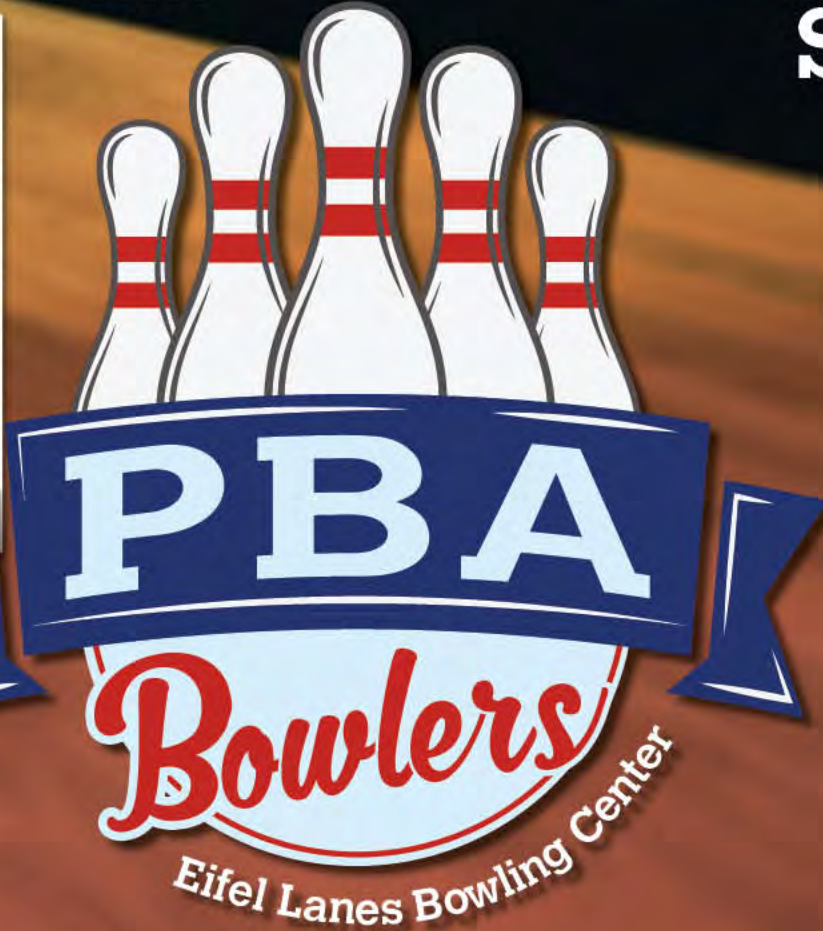


Please join us for lunch after the Welcome Orientation. Hot dogs, hamburgers, chips and drinks will be provided.

**For more information contact:**  
Elizabeth Walters or Beth Howard  
06561-94810  
[Elizabeth.walters@eu.dodea.edu](mailto:Elizabeth.walters@eu.dodea.edu)  
[Beth.howard@eu.dodea.edu](mailto:Beth.howard@eu.dodea.edu)



# FEATURING.....



## SATURDAY, AUGUST 20

### FREE FOR ALL!

### SCHEDULE OF EVENTS

- Youth Instructional Clinic | 9-11am  
For ages 8-17
- Trick Shot Demonstration | 12-1pm
- Adult Instructional Clinic | 1-3pm  
For ages 18 & up
- Meet & Greet | 3-4pm
- Play with the Pros | 4-6pm

### SIGN UP FOR CLINICS AT EIFEL LANES!



Eifel Lanes Bowling Center  
DSN 452.BOWL (2695)  
COMM 06565.61.2695



# REGISTER TO WIN 2 TICKETS TO THE **LA RAMS VS. NEW YORK GIANTS** NFL GAME IN LONDON.

Trip will be from October 21 - 24

## THREE WAYS TO GET REGISTERED!

### 1. FOOTBALL FRENZY

Sign up at Club Eifel.

\*Must be a Club Member to be eligible.

### 2. NFL UPICK'EM

Go to [www.52fss.com](http://www.52fss.com).

Click on the respective icon to get registered.

### 3. NCAA PICKOFF

Go to [www.52fss.com](http://www.52fss.com).

Click on the respective icon to get registered.

**REGISTER BY  
AUGUST 21 at 12PM**

- Round trip transportation to London from Army Barracks Kaiserslautern being there at 9:30pm.
- 2 overnights in a 3 star central London hotel with breakfast
- Ticket to the Chiefs vs. Lions NFL game at Wembley Stadium
- London orientation tour



52D FSS CLUB EIFEL  
DSN:452-4633  
COMM: 0656561-4633



52D FSS COMMUNITY CENTER  
DSN:452-4633  
COMM: 0656561-4633







75 YEARS

Spangdahlem  
USO

August  
Happenings

# AUGUST 2016

HOURS OF OPERATION:  
M-F 1000-2100  
SAT, SUN & HOLIDAYS 1300-2100

Volunteer with us!!  
volunteers.uso.org



Spangdahlem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 National Watermelon Day! FREE watermelon while supplies last!	4 	5	6
7 	8 Salad Bar Lunch 11-1 Tagalog Class 6-730	9 Chess Club 6-8	10	11	12 We're Having a COCKOUT! 	13
14	15 Tagalog Class 6-730	16 Chess Club 6-8	17	18	19 Buechel Backyard BBQ Lunch 11-1	20
21	22 Tagalog Class 6-730	23 Chess Club 6-8	24	25 	26 Kid Rock Cookout DINNER 5-7 featuring Michigan Coney Dogs!	27
28	29	30 Chess Club 6-8	31 			

Please sign up in advance!

Our 75th Anniversary Honoree for the month of August is KID ROCK!  
Kid Rock has done several USO tours (2003, 2008 & 2009) entertaining service members in Kuwait, Iraq and right here in Ramstein Germany (2009). He has been a long time proponent of serving and working to benefit service members and their families - in 2000 he gave the proceeds of a concert to benefit the families affected by the bombing of the USS Cole and made his album 'Born Free' available as a free download to military members!



**Spangdahlem USO**  
Bldg 126, Rm 116  
DSN: 452-6380  
COMM: 06565-122-8042  
spangdahlemuso@uso.org



August 3rd

is National Watermelon Day

Want to enjoy a refreshing snack? Stop by the USO to enjoy some watermelon and watermelon themed snacks!

Snacks and drinks will be out all day or until we run out!

Interested in volunteering? Want to make and drop off watermelon themed snacks? Reach out to our volunteer coordinator [mmusser@uso.org](mailto:mmusser@uso.org) or register on [volunteers.uso.org](http://volunteers.uso.org)



75 YEARS

Spangdahlem USO Center  
Building 126 Rm 116  
DSN: 452-6380  
COMM: 06565-122-8042  
Email: [SpangdahlemUSO@uso.org](mailto:SpangdahlemUSO@uso.org)



75 YEARS

Happy & Healthy Lunch

Think of a happy thought...

Free great food and a good movie? Great Idea!  
Join us for a free lunch on National Happiness day!

August 8th

11:00 am - 1:00 pm  
at the  
Spangdahlem USO Center  
Building 126 Rm 116



Interested in volunteering for this event? Register online:  
[www.volunteers.uso.org](http://www.volunteers.uso.org)



75 YEARS



DSN: 452-6380  
COMM: 06565-122-8042



USO Spangdahlem  
[SpangdahlemUSO@uso.org](mailto:SpangdahlemUSO@uso.org)





75 YEARS

Spangdahlem USO Center  
Building 126 Rm 116  
DSN: 452-6380  
COMM: 06565-122-8042  
Email: SpangdahlemUSO@uso.org

JOIN US FOR A

# KID ROCK COOKOUT

## AUGUST 26 5PM

### BUILDING 126

JOIN US FOR SOME KID ROCK MUSIC ON THE BIG SCREEN IN OUR  
MOVIE ROOM AND FREE DINNER! WE WILL BE SERVING  
MICHIGAN'S FAMOUS CONEY ISLAND HOT DOGS, CHIPS AND  
REFRESHMENTS!

REGISTER TO VOLUNTEER FOR THIS EVENT:  
[VOLUNTEERS.USO.ORG](http://VOLUNTEERS.USO.ORG)



75 YEARS

# CHESS CLUB



Every Tuesday at the USO  
from 1800-2000



Spangdahlem

Open to all levels  
*Play. Learn. Teach.*

*Children interested in learning are welcome (6+ as a general guide)  
Please feel free to bring your own board/pieces/timers  
Questions? Please contact the USO at 06565-122-8042 or 452-6380*



# BUECHEL Backyard BBQ



Spangdahlem

**Friday, August 19<sup>th</sup>  
1100-1300**

**Pavilion behind the Club**

For our families and service members assigned to Buechel, come out for FREE lunch with the USO!



Interested in volunteering for this event or others in the Buechel area?

Register online at [volunteers.uso.org](http://volunteers.uso.org)

Spangdahlem USO | Bldg 126 Ground Floor | 452-6380 | 06565-122-8042 | [spangdahlemuso@uso.org](mailto:spangdahlemuso@uso.org)



75 YEARS

# Tagalog 101

*With Miss Grace*



Spangdahlem

*Learn conversational Tagalog!*

All levels welcome!

**DATES:**

Mondays in August: 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>

**TIME:**

1800-1930

**LOCATION:**

Spangdahlem USO



**TO ENROLL:**

Call 452-6380 or 06565-122-8042 or email [spangdahlemuso@uso.org](mailto:spangdahlemuso@uso.org)

**FREE! Open to US service members  
and their families**



 August 2016



### Event Support

#### 8 August - Happy and Healthy Lunch

9am-2pm - We are looking for some great volunteers to help us with our salad bar!

#### 26 August - Kid Rock Cook-out

2pm-5pm - We would love help setting up for this event!

4:30pm-7:30pm - Help us serve a free dinner for our community!

### PAX Terminal Support

Monday, Wednesday and Friday

Shift 1: 8am-12:30pm

Shift 2: 12:00pm-4pm

### Center Support

Weekday Center  
Representative

Shift 1: 1pm - 4pm

Shift 2: 4pm-7pm

Shift 3: 7pm-9pm

Weekend and holiday  
Center Representative

Shift 1: 1pm - 4pm

Shift 2: 4pm-7pm

Shift 3: 7pm-9pm

### Marketing and outreach

We are looking for some amazing volunteers that love talking to people! If this is something that sparks your interest, please reach out to our volunteer coordinator!

Interested in gaining leadership experience and giving back to your community? Join our Volunteer Committee! Check out some of our open positions!

Volunteer Recruitment and Outreach Chair  
Marketing and Public Relations Chair  
PAX Terminal Chair  
Dorm Support Chair  
Buechel Community Support Chair

Please reach out to one of our staff members if you are interested!



DSN: 452-6380 / Comm: 06665-122-8042

 [www.volunteers.uso.org](http://www.volunteers.uso.org)  
[www.uso.org](http://www.uso.org)

 [SpangdahlemUSO@uso.org](mailto:SpangdahlemUSO@uso.org)

 USO Spangdahlem



75 YEARS

# Spangdahlem USO

## Volunteer Opportunities

Our next New Volunteer Orientation will be held on Tuesday, August 30<sup>th</sup> at 1000 or 1700. Please email [spangdahlemuso@uso.org](mailto:spangdahlemuso@uso.org) or [mmusser@uso.org](mailto:mmusser@uso.org) to sign up today!



# COMMUNITY Coffee

10-11AM

Sign up today!

8/5 BACK TO SCHOOL ORGANIZING  
Practical tips from a Professional Organizer on how to create and maintain a plan to keep the kids, home and family organized.

9/2 BEST OF EUROPE  
Learn about and share Europe's many 'Must-See' destinations, travel tips, tricks and more!

Join us  
Meets on the first Friday of the month providing a relaxed, social atmosphere for workshops, information sharing and networking in the Spangdahlem community. Coffee and Biscotti provided.  
Call to register  
DSN: 452.6422  
CIV: 06565.61.6422



Airman & Family Readiness  
DSN 452.6422  
COMM 06565.61.6422



Find us at:  
52D FSS  
Airman & Family  
Readiness Center



# 10 STEPS TO A FEDERAL JOB

AUGUST 9 | 8:30AM-12:30PM

LEARN HOW TO SEARCH, APPLY, AND FOLLOW UP ON FEDERAL JOBS. LEARN HOW TO NAVIGATE THE USAJOBS WEBSITE.

CALL A&FRC TO REGISTER 452.6422 CIVILIAN 06565.61.6422



# HEALTHY RELATIONSHIPS

Personal and work life workshops designed to enhance relationships with families, co-workers and ourselves.

## CONFLICT RESOLUTION • JULY 13

Learn effective ways to resolve conflicts for a positive outcome.

## BUILDING RESILIENCE • AUGUST 10

Learn practical and useful tips to remaining resilient when faced with life's challenging situations.

## GOAL SETTING AND DECISION MAKING • SEPTEMBER 7

Setting a goal is one thing and reaching it is another. Learn how to set and achieve realistic goals and the steps needed to do so as well as tips for examining situations and making the best decision.

### ALL SPOUSES ARE INVITED

Call to register DSN: 452-6422

CIV: 06565.61.6422

Classes are held in the A&FRC Building 307



Airman & Family Readiness  
DSN 452.6422  
COMM 06565.61.6422



SPANGDAHLEN AIR BASE  
**FORCE**  
SUPPORT SQUADRON



AIRMAN & FAMILY READINESS CENTER

# LUNCH & LEARN S E R I E S

*August 11*

## **TSP and Retirement Planning**

Information about the Thrift Saving Plan and other retirement investment options.

*August 25*

## **Credit and Credit Reports**

Learn how your credit report affects you and how to best manage your credit.

*September 8*

## **Travel Europe Without Going Broke**

Tips to explore Europe without breaking the bank.

*September 29*

## **Home Buying**

Information on the home buying process and VA home loans.

*11am-12pm*

*Learn how to maximize your finances over your lunch hour!*



Airman & Family Readiness  
DSN 452.6422  
COMM 06565.61.6422

# CAREER TECHNICAL TRAINING TRACK

Are you interested in learning a trade or gaining valuable employment credentials?

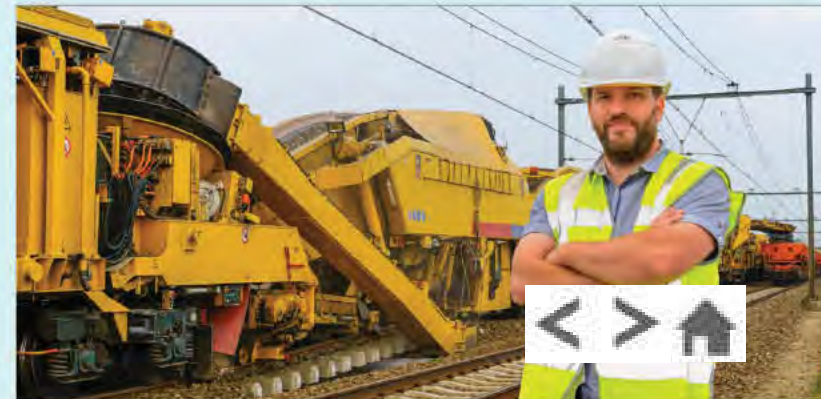
During this two-day workshop, you will learn about civilian careers requiring a license or certification, vocational schools, financial aid, VA benefits, apprenticeships, and more! Workshop will be held at the base Education Center.

**June 21-22 | 9 - 4PM**  
**August 23-24 | 9 - 4PM**  
**October 25-26 | 9 - 4PM**

Presented by Spangdahlem's VA Benefit Advisors

Contact the Airman & Family Readiness Center to Sign Up!

DSN: 452-6422 • COMM: 06565-61-6422 • [52FSS.FSFR.AirmanandFamily@us.af.mil](mailto:52FSS.FSFR.AirmanandFamily@us.af.mil)



*All Spouses are invited to attend...*

# Heart Link

*A great way to network & meet new spouses!*



**FRIDAY**

**9.23  
2016**

*Located at the*  
AFRC, BLDG 307  
FREE TO ATTEND  
**8AM UNTIL 2PM**

RSVP BY CONTACTING AFRC AT  
06565.61.6422.



# AIRMAN'S ATTIC

## Items Accepted:

- Military Uniforms/Items
- Small Appliances (110 + 220 Volt)
- Kitchen/Household Goods
- Electronics
- Books/Movies

## Items Not Accepted:

- Toys/Baby Items
- Sports Equipment
- Clothing/Shoes
- Seasonal Items
- Food
- Garden/Car Items
- Pet Supplies
- Knick Nacks
- Jewelry
- Arts/Crafts
- Clean Products

# Veteran's Affairs Disability Compensation Rating



**Date:** August 25, 2016

**Time:** Two sessions are available:

⇒ 0900 - 1000

⇒ 1300 - 1400

**Location:** A&FRC (Bldg 307)

**Free to all Military Members, Spouses,  
and Retirees!**

**One-on-One Appointments with the VA  
Representative will be offered  
between briefings. Spots fill quickly!**

**Come out to learn about  
compensation ratings from a VA  
disability rater!**

**Disability Compensation is a tax free  
monetary benefit paid to Veterans  
with disabilities that are the result of a  
disease or injury incurred or  
aggravated during active military  
service.**

**Presented by the VA's Overseas  
Military Service Coordinators!**

**Contact the Airman and Family Readiness Center to register!**

**452-6422**

**06565-61-6422**



# VOLUNTEER COACHES

Coaches are needed in various Youth Sports programs throughout the year.

All volunteers will receive free training and will be certified through the National Alliance of Youth Sports.

To submit an application, visit the School Age Programs Office at Bldg 427.  
Monday - Friday from 8:30am to 4pm or call Michael Glancy at 452-4330/7545

**PLEASE NOTE THAT ALL VOLUNTEERS WILL COMPLETE A BACKGROUND CHECK FOR SAFETY MEASURES.**

---

# 24/7 Fitness Access is Available to You!

---

## *What is Fitness Access?*

An initiative to provide facility access for installations with a high number of military shift workers to maintain mission readiness

## *Who are the authorized customers?*

- a. Active Duty military personnel
- b. Civilian Employees with CAC card (GS, WG, NAF, LN)
- c. Sponsored Dependents over the age of 18 years

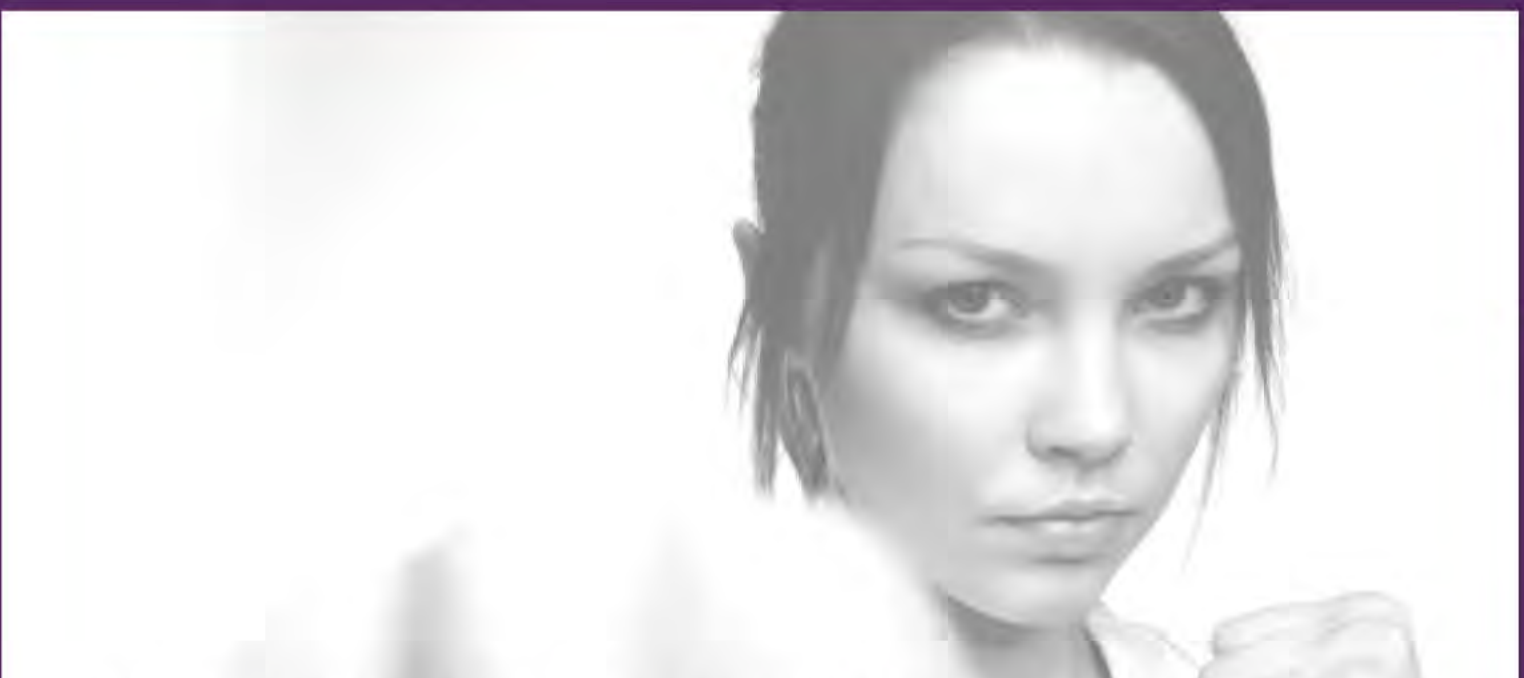
## *What do you need to do to gain access?*

Bring your CAC/ID Card to Pre-register NOW at the Main Fitness Center (Bldg. 580). Eligible users must complete and sign a Statement of Understanding. No-fee access cards will be issued to qualified dependents during registration. Working out with a partner is recommended when utilizing the facility after hours.

**Note:** 24/7 Fitness Access is available at the main Fitness Center ONLY (Bldg. 580). Normal Fitness Center hours remain in effect: Mon-Fri 0500-2200; Sat-Sun/US Holidays/Goal/Family Days 0900-1700

Please contact the Fitness Center at 452-6634 for questions.





GRACIE DEFENSE SYSTEM

# SELF-DEFENSE Class

*Mondays* 12-1PM

*Wednesdays* 5:30-6:30PM

*Fridays* 7:30-8:30AM

ALL SESSIONS WILL BE HELD IN BLDG 152,  
COMBAT FITNESS AEROBIC ROOM.

EMAIL: SPANG.GDS@GMAIL.COM

ADD SPANGDAHLEM GDS ON FACEBOOK FOR  
MORE INFORMATION!

*Free to Attend*

OPEN TO ALL





Physical Therapy & Health Promotions Present

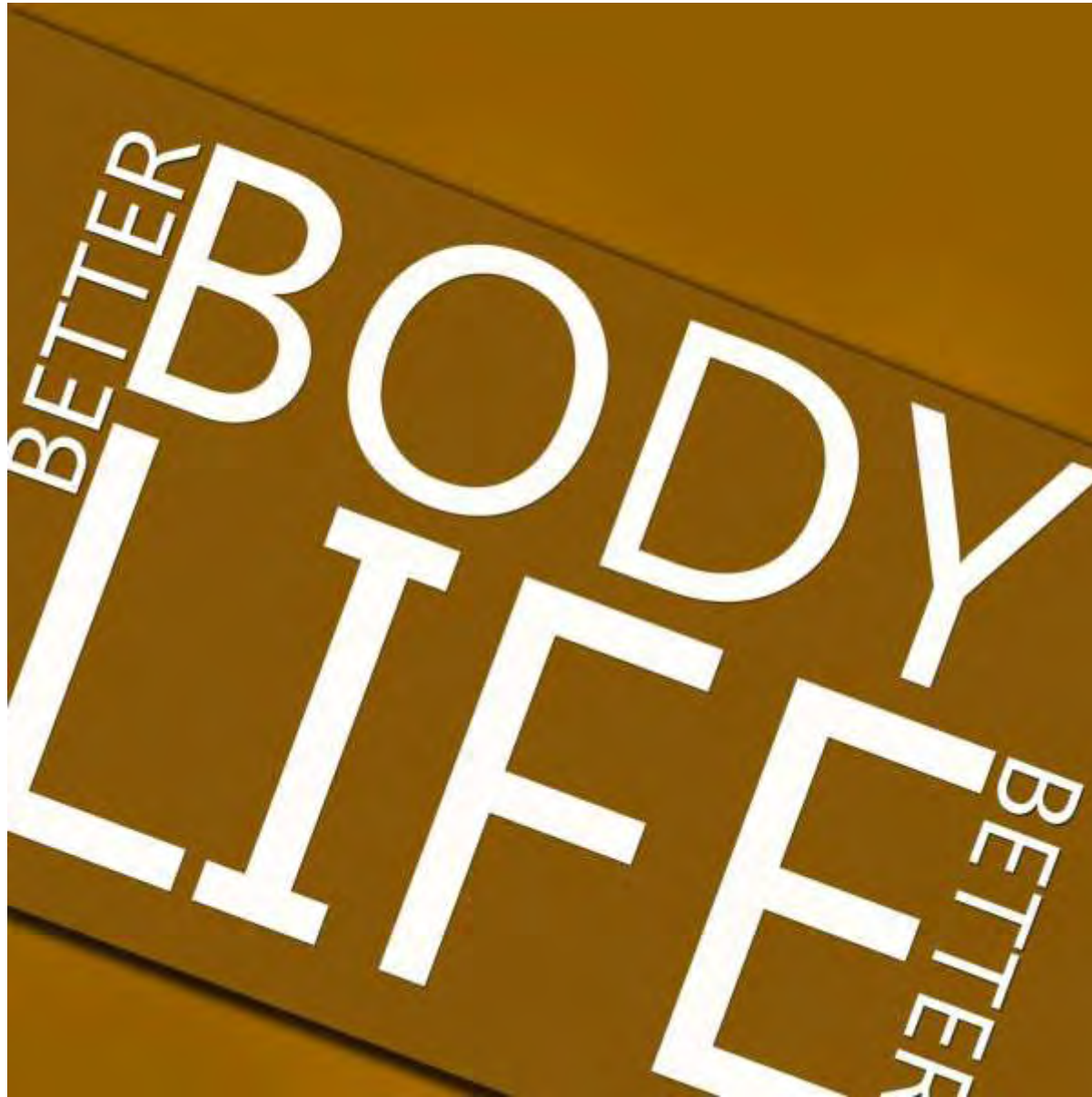
# Running Clinic



- **What:** A workshop designed to help participants maximize run time and prevent injury
- **Date/Time:** 1<sup>st</sup> Friday of the month @ 1330-1530
- **Place:** Eifel Powerhaus Fitness Center
- **Bring:** Running shoes, running apparel, and a great running attitude!

To Sign Up: Email Ms. Emily Posadas at [emily.posadas.2@us.af.mil](mailto:emily.posadas.2@us.af.mil).  
Include name, rank, and unit in your email.





## **Better Body, Better Life Class Series**

Please join the Health Promotions and BHOP staff for our 4-part class series on feeling better, living healthier, and sustaining positive wellness habits. Pre-registration is required.

Health Promotions and BHOP

**Wednesdays, 0800-0900 Health Promotions**

**Kitchen, Eifel Powerhaus, Bldg 580**

**Call DSN 452-7385 to register**


More information: Capt Denise Campbell,

DSN 452-7385, [denise.campbell.1@us.af.mil](mailto:denise.campbell.1@us.af.mil)

To register for a class, please click the email link. To print the directory or a page, right click.



## *Tobacco Cessation*

A close-up photograph of two hands holding a white cigarette that has been broken in half. The hands are positioned on either side of the cigarette, with the fingers gripping the ends. The cigarette is held horizontally, and the break is in the middle. The background is plain white.

**Would you like to quit smoking?  
Then come see us, and we can help!**

One-on-one or small group appointments

Call for appointment

Location: Health Promotions Office

Emily Posadas, 452-7385,

[emily.posadas.2@us.af.mil](mailto:emily.posadas.2@us.af.mil)





WE  
ARE  
THE

*Starry  
Eyed*

# Popsicles in the Park

Join MOPS of Spangdahlem on Thursday, Aug  
25 at 10am for our Annual Popsicles in the Park  
Open House!

Meet us at the 'Blue Park' by the Dog Park for  
popsicles and some fun for the kids, early-  
registration for MOPS and MOPPETS, and  
great fellowship!

We can't wait to meet you and kick off an  
amazing year in which we plan to get totally  
**STARRY EYED!!!!**

*Find us on Facebook! Search: Spangdahlem MOPS Group*





# PWOC

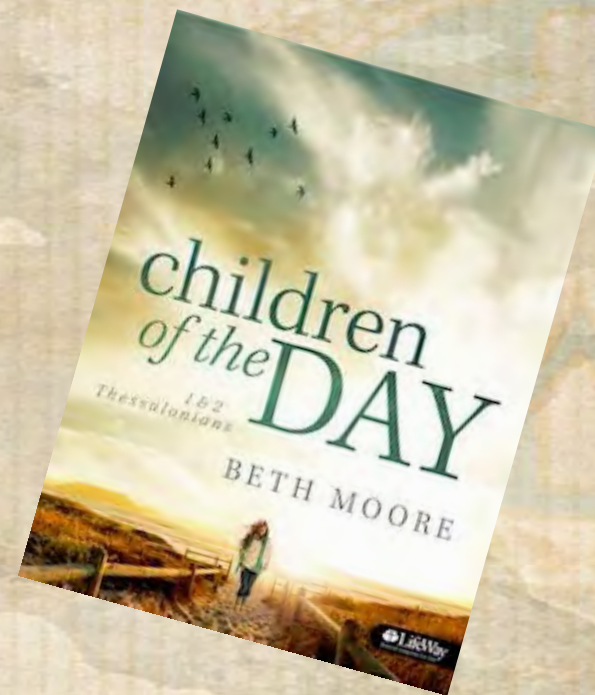
protestant women of the chapel

Summer study meets weekly  
in the Chapel Annex:

## Wednesday Lunch

1200 – 1300

No Childcare



**LEAD • TEACH • DEVELOP • INVOLVE**

Facebook: "Spangdahlem PWOC"

Email: [spangpwoc@gmail.com](mailto:spangpwoc@gmail.com)



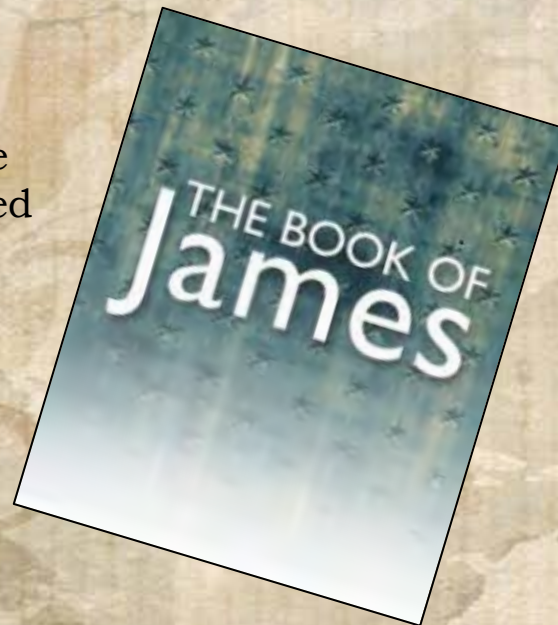
# PWOC

protestant **women** of the chapel

New studies begin 13 Sep!



to be  
followed  
by



## **Tuesday Brunch**

0900 – 1100  
Childcare Co-op

## **Wednesday Lunch**

1200 – 1300  
No Childcare

All studies meet weekly in the *Chapel Annex*.



[spangpwoc@gmail.com](mailto:spangpwoc@gmail.com)

“Spangdahlem PWOC”





**Looking for volunteers.** Specifically Cubbies  
Director, Sparks Director, Cubbies and Sparks Leaders.  
Leader training September 6<sup>th</sup>.

Email [SpangdahlemAwana@gmail.com](mailto:SpangdahlemAwana@gmail.com) to learn more

Sept –May Tuesdays 1730-1900 Chapel Annex

Register children at <https://goo.gl/forms/myqhFlu3BGjrJ19q2>



**E-4 and Below!**



**Bldg 139, 3<sup>rd</sup> Floor**

# **Hours of Operation**

*Thursdays:*

**7:30PM -10PM**

*Fridays & Saturdays:*

**7PM-11PM**





# August Events:

12 AUG: Pancake Dinner

13 AUG: Geierlay Bridge Day Trip

18 AUG: Barista Training

19 AUG: Corn Hole Tournament & BBQ

27 AUG: Manderscheid Medieval Festival Trip



Questions? Contact Alexis Pliley at [tennantaj26@gmail.com](mailto:tennantaj26@gmail.com)





# Germany's Longest Rope Suspension Bridge

**Saturday, August 13th**

**Depart: 1100**

**Return: 1600**

**Cost: FREE**

**Lunch will be provided**

**POC: Alexis Pliley, [tennantaj26@gmail.com](mailto:tennantaj26@gmail.com)**

**Sign up in The Coffee Mill or by email!**



# Corn Hole Tournament & BBQ



**Price?** Free to enter, and top three teams receive prizes

**Sign up!** Pick a teammate and sign up at The Coffee Mill or by email

**POC:** Alexis Pliley,  
tennantaj26@gmail.com

**When?** Friday, August 19th, starting at 1900

**Where?** The Coffee Mill, Bldg. 139, 3rd Floor





# Historical Burgentfest Manderscheid

Saturday, August 27th

Depart: 1700

Return: 2330

Cost: 10 Euro for entry fee

Signups in The Coffee Mill or  
by email

POC: Alexis Pliley,

[tenantaj26@gmail.com](mailto:tenantaj26@gmail.com)



## Jousting tournaments



**Teddy Care**  
**52d Medical Group**  
**Appointment Child Care**



The Mental Health Clinics (Mental Health, Family Advocacy and EDIS) are pleased to announce the availability of free Child Care during your scheduled appointments.

Please ask your Provider for details.









# Family Advocacy

## August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 OB Orientation 1300-1600	5 CLOSED: Family Day	6
7 Pick something to count 	8	9 Marriage Links 1100-1300	10 Creative Critters 1000-1100	11	12	13 Give Parents a Break 1300-1700
14 Play dress up 	15 Caring for Children through Divorce 1000-1100	16 Marriage Links 1100-1300	17 Training Day Clinic Closed	18	19	20 Go on a FAMILY bike ride or walk 
21	22	23 Marriage Links 1100-1300	24 Creative Critters 1000-1100	25	26	27 Cuddle Up and have breakfast in bed TOGETHER 
28	29	30 Marriage Links 1100-1300	31			



# FAMILY ADVOCACY PROGRAM

## CLASS DESCRIPTIONS & OUTREACH PROGRAMS

### Active Parenting of Teens:

This class will provide training and support for families experiencing the dynamic changes of teenage development. (Aimed at parents with children ages 10 years old and older).

*This class is a 4 part series, held quarterly*

**Location:** Bldg. 161, 2<sup>nd</sup> Floor Conference Room

### Parenting with Love & Logic:

Learn practical tools and techniques that help parents achieve respectful, healthy relationships with their children and help them prepare their kids for the real world.

*This class is a 4 part series, held quarterly*

**Location:** Bldg. 161, 2<sup>nd</sup> Floor Conference Room

### Anger Management Class:

Anger is a normal emotion. But if you find yourself getting upset more than you'd like, consider attending our class which focuses on triggers for anger, thinking errors, communication styles, and the impact of anger on health. *This class is a 4 part series, held quarterly.*

**Location:** Bldg. 161, 2<sup>nd</sup> Floor Conference Room

### Marriage LINKS (Lasting Intimacy Through Nurturing, Knowledge & Skills):

In the LINKS Program you will gain skills for communication, conflict resolution, forgiveness and rebuilding trust, identifying and satisfying personal needs, constructing a marriage story and growing sexually.

*This class is a 4 part series, held quarterly.*

**Location:** Bldg. 161, 2<sup>nd</sup> Floor Conference Room

### Caring for Children Through Divorce:

Teaches parents how to focus on children's needs throughout a divorce. *This class is a 2 hour session, held monthly.*

**Location:** Bldg. 161, 2<sup>nd</sup> Floor Conference Room

### Bundles for Babies/OB Orientation:

Participants who are expecting or have recently had a baby can network and gain important information and tips. From financial to developmental as well as logistical: Learn about what it's like to have a baby overseas.

**Registration required through the Airman and Family Readiness Center.**

**Location:** Airman and Family Readiness Center Bldg. 307

**Call:** 452-6422 **When:** Every 1<sup>st</sup> Thursday of every month from 1300-1600

### Creative Critters:

Join us for a unique educational playgroup for children 18 months to 4 years old where we will learn social skills, develop fine motor skills, and enjoy simple craft projects. No sign up necessary. *Held the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of Every Month*

**Location:** Bldg. 136, room 110

### Dads: The Basics:

Join other dads in the preparation for fatherhood! Dads: the Basics is for dads and taught by a dad. Come ready with questions and an eagerness to learn!

Open to any expectant father or father with a child up to six months of age.

**Location:** Education Center (Bldg. 129) room 214

### Give Parents a Break

The purpose of this program is to offer eligible families a few hours break from the stress of parenting. The program is a partnership between the CDC/SAP and the A&FRC, via the Air Force Aid Society. FAP is one of the locations where you can obtain a certificate if applicable.

### GPAB Dates for 2016

Sat.16 Jan (1-5pm)	Fri. 26 Feb (6-11pm)	Sat. 12 Mar (1-5 pm)
Sat 16 Apr (1-5pm)		Sat. 11Jun (1-5pm)
Sat.16 Jul (1-5 pm)	Sat. 13 Aug (1-5pm)	Sat. 10 Sep (1-5pm)
Sat.15 Oct (1-5 pm)	Sat. 19 Nov (1-5pm)	Sat. 10 Dec (1-5pm)

### Restricted Reporting Policy:

Restricted reporting allows and adult victim of domestic abuse to disclose the details of his or her abuse to specifically identified individuals and receive medical treatment and victim advocacy services without requiring that notice be provided to the victim's or alleged offender's commander or law enforcement.

### \*Call Family Advocacy to register for classes or to receive additional information\*

**Location:** Building 161, 2<sup>nd</sup> Floor

**Hours of Operation:** 0730-1630

**DSN:** 452-8279

**CIV:** 0656561-8279





# MARRIAGE L.I.N.K.S.

LASTING INTIMACY THROUGH NURTURING KNOWLEDGE & SKILLS

~ Falling in love is easy...staying in love is an art. Keeping your love strong requires ongoing communication and thoughtful consideration of your relationship.

In the LINKS Program you will gain skills for communication, conflict resolution, forgiveness and rebuilding trust, identifying and satisfying personal needs, constructing a marriage story and growing sexually.

*Date: Every Tuesday in August, starting the 9th*

*Time: 1100-1300*

*Location: Building 161, 2<sup>nd</sup> Floor*

*Contact Family Advocacy for More Information*

*DSN:452-8279 or CIV: 065656108279*

To register, please click the email link or call. To print the directory or a page, right click.





# Caring For Children Through Divorce



Your relationship with your partner may be changing, but your role as a parent is for life. When you separate, there are a lot of issues to sort out, but the most important is your relationship with your children. Your children need you to put them first.

**WHERE:** Bldg 161 2<sup>nd</sup> Floor

**WHEN:** August 15, 2016

**TIME:** 1000-1100

**CONTACT:** Family Advocacy, DSN 452-8279 or Civ 06565618279





## Creative Critters

**Join us for a unique educational playgroup for children 18 months to 4 years old where we will learn social skills, develop fine motor skills, and enjoy simple craft projects. No sign up necessary.**

**Where:** Chapel Resource Center building 136, room 110

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of every month; 1000-1100

**Contact:** Family Advocacy, DSN: 452-8279 or Comm: 0656561-8279



# GIVE PARENTS A BREAK

## Q: What is the Give Parents A Break (GPAB) Program?

A: The purpose of this program is to offer eligible\* families a few hours break from the stresses of parenting. Parents may use this time to suit their personal needs.

## Q: Is GPAB a CDC/SAP Program or an A&FRC Program?

A: It is a partnership between the two agencies. CDC/SAP provides the childcare services while A&FRC, via Air Force Aid Society (AFAS) funds the program.

## Q: Who is eligible?

A: Active Duty Air Force families experiencing unique circumstances such as deployment, extended TDY, extensive work schedule and family crisis (birth of child, serious illness, death in family..)

## Q: Where can I obtain a certificate?

A: Eligible families must be referred by one of the following base officials:

- Squadron Commander/First Sergeant
  - Chaplain
- Doctor or the other medical professional
- Family Advocacy/Mental Health professional
  - Family Support Center personnel
- Child Development Center or Youth Center managers

## GPAB DATES FOR 2016

SATURDAY 16 APR (1-5PM)

SATURDAY 11 JUN (1-5PM)

SATURDAY 16 JUL (1-5PM)

SATURDAY 13 AUG (1-5PM)

SATURDAY 10 SEP (6-11PM)

SATURDAY 15 OCT (1-5PM)

SATURDAY 19 NOV (1-5PM)

SATURDAY 10 DEC (6-10PM)

Reserve your spot by the Wednesday before by Noon.

- For children under 5, reserve through the CDC BLDG 443, 452-5320

- For children over 5, reserve through Youth Programs, BLDG 427, 452-7545



*Cancer Support Group*

# *Cancer Support Group*

**For more information, please contact:  
Kristen McGarry at  
[kmdavies66@hotmail.com](mailto:kmdavies66@hotmail.com)**



**A PROJECT OF THE INTEGRATED DELIVERY SYSTEM**



# KIDS FOR GOLF PROGRAM

Kids for Golf is a 2 week program that runs Monday-Thursday each week starting August 8th. There will be 3 age categories for instruction: 5-8, 9-11, and 12 and up. Each day is one hour session time: 4pm, 5pm, and 6pm. \$100 per session.



# YOUTH FREE RANGE BALLS

CALLING ALL YOUTHS 17 AND UNDER



COME OUT TO THE DRIVING RANGE AND TAKE ADVANTAGE OF PRACTICING WITH FREE RANGE BALLS. CONTACT CLUBHOUSE FOR MORE INFORMATION.

VALID JULY 1 THROUGH AUGUST 31, 2016



# GOLFER

## APPRECIATION DAY



**COME OUT AND ENJOY YOUR DAY. THERE WILL BE DISCOUNTED GREEN FEES, FREE RANGE BALLS ON THE DRIVING RANGE, PRIZES AND CONTESTS THROUGHOUT THE DAY. MEET THE STAFF, TALK WITH THE GOLF INSTRUCTOR.**



# Women, Infants, and Children Overseas Program



The Women, Infants and Children (WIC) Overseas Program provides several important benefits that help you & your family lead healthier lives.



Program services are provided to eligible participants overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

Contact us now to see if you qualify:

- Bldg 319, Rm 103
- DSN: 452-9093
- Comm: 0656561-9093



To register, please click the email link or call. To print the directory or a page, right click







# Going on Vacation?

Book your fur babies stay today! Now conveniently located on Spangdahlem!

*We do pet transfers*

We bring your pet to Frankfurt Airport or to the Ramstein Terminal.

*Doggy Daycare is available*

Minimum of:

5 days a week for 4 weeks = \$45

\$8 single dog

\$12 double dog

*Music & Video Xpress*  
**BLDG 126, 1ST FLOOR**



# IS YOUR *Streaming Service* **ON THE FRITZ?**

Music & Video Xpress has a variety of DVDs, TV Shows, Kid Shows, Video Games and much more to fill those weekends.



Music & Video Xpress  
DSN 452.6195  
COMM 06565.61.6195





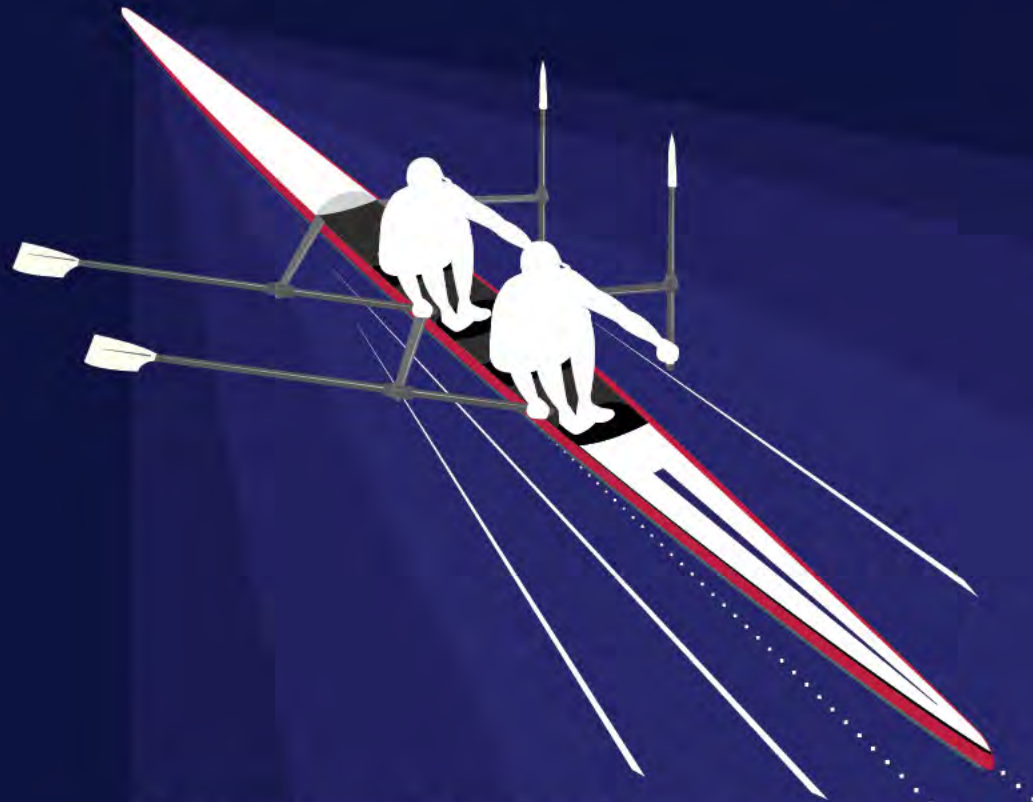
**THE WALL OF FITNESS IS AN INCENTIVE PROGRAM BASED ON STRENGTH. MEMBERS WILL TRY TO BENCH PRESS, SQUAT, OR DEAD LIFT WEIGHT, BASED ON THEIR BODY WEIGHT, TO GET THEIR PICTURES POSTED ON THE “WALL OF FITNESS”. THEY CAN LIFT IN ANY CATEGORY OR ALL CATEGORIES. HOWEVER, IN ORDER TO BE ON THE “WALL OF FITNESS” MEMBERS MUST LIFT IN ALL CATEGORIES. PARTICIPANTS WILL ALSO RECEIVE A T-SHIRT FOR REACHING A DESIGNATED AMOUNT OF WEIGHT LIFTED FOR THE BENCH PRESS AND DEADLIFT.**

**OCT. 1, 2015 - SEPT. 15, 2016**

**FREE TO PARTICIPATE**

# ROW *the* RHINE

October 1, 2015 - September 15, 2016



*Row your way down the Rhine river for a total of 1232 km...*

# Race Berlin

*your way to*

*for a total of 714 km*

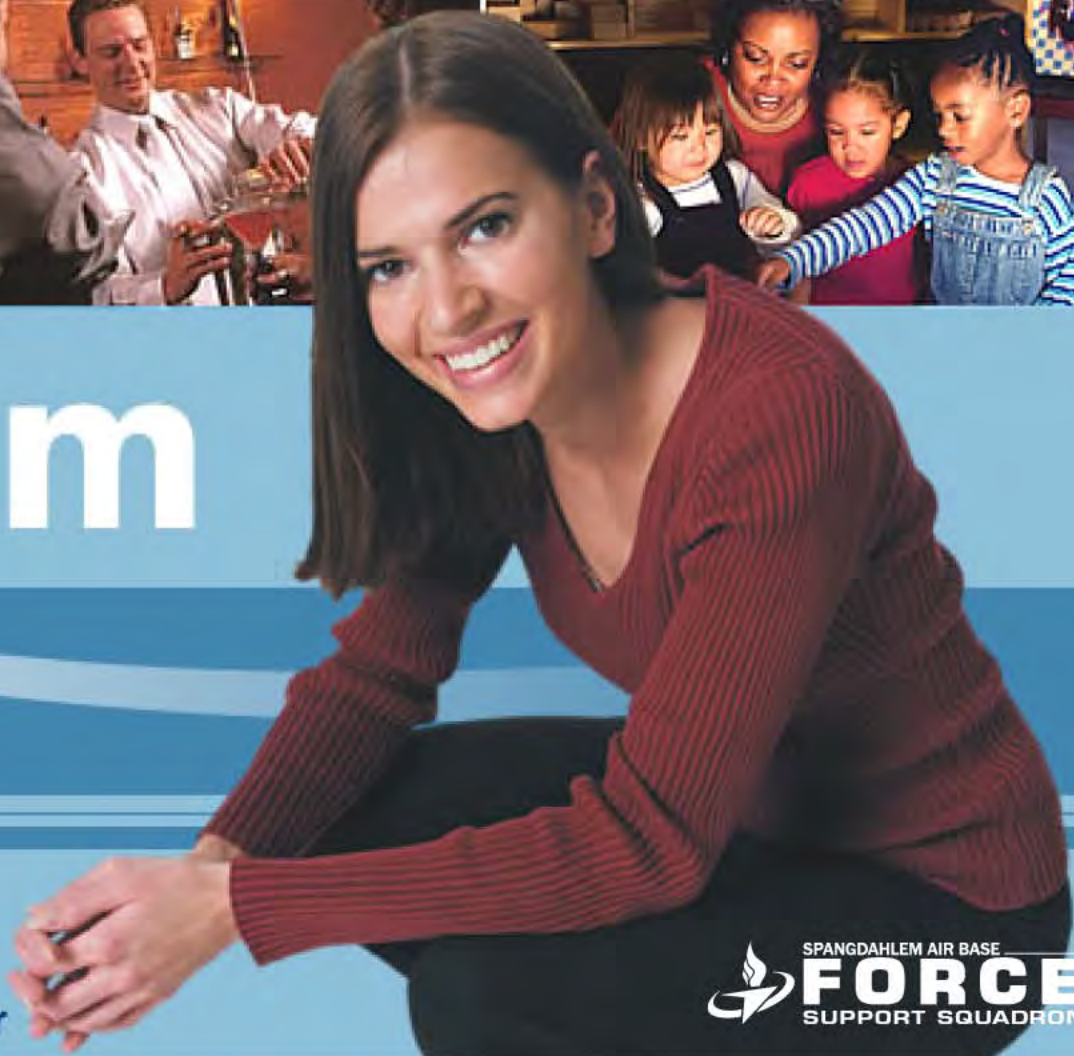
October 1, 2015 - September 15, 2016

**RUN | ELLIPTICAL | TREADMILL**





# Join the Team



USAF  
**SERVICES**  
*Combat Support & Community Service*

Services is an equal opportunity employer

SPANGDAHLEM AIR BASE  
**FORCE**  
SUPPORT SQUADRON

Go to [NAFJobs.org](http://NAFJobs.org) to see what the **HOT** jobs are.





# JOIN YOUR AIR FORCE CLUB

*...Where Heritage Begins*



## RECEIVE A \$25 BEST BUY® E-GIFT CARD

When you apply for the AF Club Membership credit card between June 1–30, 2016.  
A valid email address required.

**PLUS!**

## BE ELIGIBLE TO WIN A \$500 BEST BUY® E-GIFT CARD

★ Two winners chosen each week from approved applications during the month of June 2016 ★

*See Official Rules at MyAirForceLife.com*

## ENJOY THESE BENEFITS WHEN APPROVED FOR THE AIR FORCE CLUB MEMBERSHIP CREDIT CARD

### CLUB MEMBER BENEFITS

- Free dues for the first three months
- Access to all AF Clubs worldwide
- Special member events and promotions
- Free entry to Club Frenzy events with over \$25K in prizes
- 10% off Catering food purchases
- Complimentary room use for authorized personal functions
- Annual Scholarship Program
- Member-only contests
- Club dues waived when deployed



### CARD MEMBER BENEFITS

- 2% Unlimited Cash Back Rewards for on-base purchases\*
- 1% Unlimited Cash Back Rewards for off-base purchases\*

**VISIT MYAIRFORCELIFE.COM  
OR LEARN MORE AT YOUR NEAREST CLUB**

\* Accounts subject to credit approval. One gift per applicant, must be 18 or older (19 in AL and NE) to apply. Restrictions and limitations apply.  
Air Force Club credit cards are issued by Chase Bank USA, N.A. Offer subject to change. See ChaseMilitary.com/AFClubCard for pricing and rewards details.

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# WANT TO KNOW MORE ABOUT FSS?


Emails can now be sent straight to your inbox about FSS information and who to contact.


An email will be sent weekly to let you know about sign up dates, deadlines, what's coming soon and how to get involved.

**GO TO 52FSS.COM**

**CLICK ON THE**  
'Get 'What's Hot' Emails' at  
the top of the homepage

**MAKE SURE TO ENTER YOUR PERSONAL EMAIL ADDRESS**

 **FIND US ON FACEBOOK:**  
52d Force Support Squadron

 **FOLLOW US ON INSTAGRAM:**  
52fss





LOOKING FOR  
SOMETHING TO DO?

Countdown to Easter Egg Hunt 03 21 18 26  
SPANGDAHLEM AIR BASE  
**FORCE**  
SUPPORT SQUADRON  
→ GET 'WHAT'S HOT' EMAILS  
ITTTrips NFL UPICKETV NCAA 2015  
Home Dining & Food Services Family & Youth Services Sports & Recreation Personnel Other Services  
**SINGLE AIRMAN PROGRAM INITIATIVE**  
CLICK ON THE BANNER TO VIEW THE LIST OF TRIPS AND ADVENTURES FOR 2016!  
OPEN TO UNACCOMPANIED AIRMAN ONLY!  
DOWNLOAD THE FLASH  
ITT TRIPS  
NAF JOBS AVAILABLE  
FACILITY DIRECTORY  
FUNDRAISING REQUESTS  
52D Force Support Squa...  
3,241 likes  
52D Force Support Squadron  
18 hrs  
April is Month of the Military Child and the Selfie Contest is back!!!! We are excited to see all these silly photos from our little Sabers.  
You can let them try take their own selfie or take one with them. We are taking selfie submissions until April 22nd, April 25th we  
Recent Event Photos  
52 FIGHTER WING QUICK LINKS

All the information you need in one place for base services.

Visit [52fss.com](http://52fss.com) Today!

CLICK THE 'DOWNLOAD THE FLASH' TAB FOR THE MOST CURRENT ISSUE!

