



[Spring Bazaar](#)



[Mom's Rock Scavenger Hunt](#)



[Military MoPS Annual Free Baby Shower](#)



52d Fighter Wing



[Caring for Children through Divorce](#)



[Creative Critters](#)



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Spangdahlem



[Protestant Young Adults](#)



[Airman Ministry Center](#)



Base Events

Spangdahlem Air Base, Germany

May 2016

A resource directory for Sabers and their families.



[May Fitness Month](#)



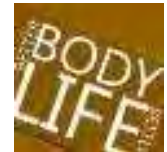
[Marriage LINKS](#)



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[Dad's the Basics](#)



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[AFRC Calendar](#)



[Star Wars - May the 4th Be with You](#)



[Tobacco Cessation](#)



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



Open in full screen and enable features in Acrobat

Open in full screen and enable features in Acrobat



Shop the BEST in Europe
featuring all the wine...

Spring BAZAAR

...cheese & gifts you love

Shop for a
chance to WIN!

HANGARS 1 & 2

Hours of Operation

Friday
May 20 | 12-7pm

Saturday
May 21 | 10am-7pm

Sunday
May 22 | 11am-4pm

Volunteer
Shopping | May 20 | 10am-12pm

Beer Sales

Saturday
May 21 | 12-5pm

Sunday
May 22 | 12-3pm

Special Appearances
by Local Performers

Kids Power Hour:
Everyday!



Mothers Day Brunch May 8

Two Seatings

10:00 - 11:30 am 12:30 - 2:00 pm

Reservations Only

MOM'S ROCK Scavenger Hunt

We highly encourage your kiddos to participate!

They look like this.....



These will be placed by April 29th!

The Mother's Day # signs will be placed in 8 FSS facilities. Find 4 hashtags and take a selfie with each of them. Bring the photos to the Marketing Department in BLDG 126, Second Floor and show us the photos of the hashtags.

What do you win? Your choice of 1 of the 9 Nachtmann Crystal ware items we have stashed away in the Marketing Office.

May 16: Kick-Off Event & Defender Decathlon. To register to race or volunteer call or e-mail TSgt Stephen Hebblethwaite, 452-6372 or INV Roberto Cacers-Velaquez, 452-6160.

POLICE WEEK

MAY 16 – 20

May 19: Golf Tournament Four Person Scramble. Starts at 0830 at the Golf Course. To sign up or more information call or e-mail SSgt Dennis Duncan, 452-2929 or SrA Brandon Campbell.

May 17: CATM, K9, Training, Trier and Bitburg Police Demos at the BX from 1000-1600. For more info call or e-mail ZP-5 Melanie Danitzler, 452-6666 or SSgt Andrew Lehman, 452-5499.

“Remembering the Fallen Honoring those who Serve”

May 20: K9-9K. Race Starts at the Skelton Gym at 0900. First 20 to pre-register get a free t-shirt. Call or e-mail SSgt Benjamin Lee, 452-6511 to register.

May 18: Jail Bail held at the BX from 0900-1600. For more information call or e-mail SSgt Ryan Wiese, 452-6511.



May 20: Retreat Ceremony. Ceremony will begin at 1630 at the Bldg 23 Flag Poles.





The Asian Pacific American Heritage Association will be hosting a Taste of Asia event May 13, 11 a.m. to 1 p.m. at the Brickhouse.

Free samples of various Asian cuisine, as well as performances, including Tongan and Samoan dances, will be provided.



Asian American Pacific Islander Heritage Month

Military
Mops



Spangdahlem Mothers of Preschoolers
and the Spangdahlem Chapel Present...

Annual Base-wide FREE Baby Shower

- Sat May 21 @ *the Spang Chapel* 1000-1300
- Open to ALL Spangdahlem & Buechel expectant mothers, or those who have given birth recently
- Gift bags for the first 40 to register
- Lots of prizes and games with priority given to E5 and below and first time moms (extra tickets)
- Assistance with childcare for those with deployed or TDY spouses
- RSVP to SpangdahlemMops@yahoo.com with due date/birth date, gender, first time mom status, rank, and if spouse is TDY/Deployed

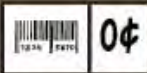


HEROES AND VILLAINS COMIC CON

SUPER HERO TRAINING CENTER
COSTUME CONTESTS
TABLE TOP & RETRO GAME DEMOS
FREE COMIC BOOKS
COLLECTOR DISCUSSION GROUPS & CLASSES

10 AM - 5 PM

PRIZES, SPECIAL GUEST
& SO MUCH MORE...



No federal endorsements of sponsors intended.



Club Eitel
DSN 452.4633
OJMM 06565.61.4633



Homerun Blood Drive



Help us make this a “Dinger” of a day!
Donate Blood Today!!!

What: Blood Drive – Help us save a life!

When: Wednesday, 11 May 2016

from 0900-1600 Hrs

Where: The Brick House

Who: YOU!!!!!!



American Red Cross
Spangdahlem Air Base

Questions? Want to make an appointment? Call the Spangdahlem Red Cross!

DSN 452-9440 or COMM 06565-61-9440





Join the
**NEXT
GENERATION**
of Red Cross Training



Standard First Aid/CPR/AED Instructor Course

Facility Name: Spangdahlem American Red Cross

Location: Building 319, 2nd Floor

Dates/Times: Thursday, May 19, 2016 0800-1700
& Friday, May 20, 2016 0800-1700

Cost: \$250/per person

Instructor: Lisa Enyeart

Register Online Today at:

<https://classes.redcross.org/Saba/Web/Main>

(Course participation on both days is required)



Need help? Give us a call: DSN 452-9440 / CIV 06565-61-9440

Spangdahlem Commissary

GRAND OPENING

When? 19 May 2016

What's Different?

8500 more square feet, more line items & WiFi

What's the Same?

Our AWARD WINNING TEAM and operating hours

What's Important?

The old store will operate through 16 May 2016

There will NOT be Commissary Service 17 & 18 May 2016 so we can finalize our transition to the NEW Commissary.

PLEASE PLAN ACCORDINGLY FOR YOUR SHOPPING NEEDS





Explore the Eifel Excursions

Community Relations Advisors

DATE/ TIME	EVENT	REMARKS
5 May	German Holiday	Ascension day – also German Fathers Day
7 May	ETE Tour	HNC and Spangdahlem mayor invite on hike to Himmerod Abbey, 9 a.m. – 2 p.m. Meeting point is 9 a.m. in the parking lot near the main gate – no sign-up required
7 May	ETE Tour	Mayor of Landscheid-Niederkail and MXG Hon Cmdr., invites to forest/community walk w/barbecue, mountain bike ride (optional), 10 a.m. to 2 p.m. – wing representation recommended – 12 Airmen/leadership rep, possibly MXG Airmen, own transportation, meet in community hall parking lot at 9:45 a.m.
7 May	ETE Tour	Free Rope Climbing for Spangdahlem Sabers at Traben-Trarbach Adventure Park, own transportation, info and sign-up with CRA now, NLT 4 p.m., today, via 52fw.cra@us.af.mil . Nice to do event for 15 Airmen
19 May	ETE Tour	County of Bitburg Pruem invites leadership and Airmen on GPS-tour through rock formation scenery near Lux, Devil's Canyon, info and sign-up with CRA now, NLT 4 p.m., today, via 52fw.cra@us.af.mil . 15 sign-ups required, wing representation recommended
20 May	ETE Tour	Diekirch walk along Sauer river and through city Info and sign-up with CRA now, NLT May 9, noon, via 52fw.cra@us.af.mil . – nice to do event for 10 more Airmen



75 YEARS

Spangdahlem USO May Happenings

MAY 2016

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

Volunteer with us!!
volunteers.uso.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful." ~ Bob Hope</p>						
<p>2 Mother's Day Pics! Come into the center and take a digital picture to send home to mom!</p>	<p>3</p>	<p>4 Star Wars Dinner 1800-2000 Star Wars: The Force Awakens</p>	<p>5</p>	<p>6 VOLUNTEER USO Mobile Canteen supporting Annual Cinco de Mayo Softball Tournament 5-8pm</p>	<p>7</p>	<p>8 MOTHER'S DAY</p>
<p>9 REDUCED CENTER HOURS 1000-1700</p>	<p>10 REDUCED CENTER HOURS 1200-1700</p>	<p>11 FREE LUNCH in honor of Bob Hope! 1100-1300</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>20</p>	<p>Volunteer Recruitment Table @ Spring Bazaar</p>		
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30 Happy Memorial Day</p>	<p>31</p>	<p>Our 75th Anniversary Honoree for the month of May is: BOB HOPE Bob Hope entertained troops at home and overseas for nearly six decades - starting in 1941 at California's March Field through his last show in December 1990 supporting Operation Desert Shield in Saudi Arabia. Bob Hope was a legendary American entertainer, actor, showman, comedian and philanthropist whose dedication to America's service members has been unrivaled through the years.</p>				



Spangdahlem

Spangdahlem USO

Bldg 126, Rm 116
DSN: 452-6380

COMM: 06565-122-8042

spangdahlemuso@uso.org





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

May the 4th

be with you

*Join us at the USO Center for a showing of
 Starwars: The Force Awakens and some
 Starwars Trivia*

May 4, 2016
at
18:00

18:00

*Starwars Trivia Winner will receive a
 \$25 AFFES Gift Card*

18:30

*There will be Boba Fettuccine and Wookie
 Cookies sewed.*



75 YEARS



Spangdahlem USO Center honors:

BOB HOPE

**We will be serving a free
 lunch on**

May 17th 2016
from
11:00 - 13:00

**at the
 Spangdahlem USO Center**

★ Free Sandwiches ★ Chips ★ Light Refreshments ★ Bob Hope's Favorite dessert: Lemon Bars

**“ Believe me when I say that
 laughter up at the front lines
 is a very precious thing
 precious to those grand
 guys who are giving and
 taking the awful business
 that goes on there. . . ”**

(Bob Hope, 1944)



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



May Volunteer Opportunities



75 YEARS

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

Event Support Opportunities

May 4

(3:00pm - 6:30pm) (5:00pm-7pm)

We are hosting a trivia night for the 4th of May. We will need lots of help making pasta for dinner and cookies!

May 6

(2:00pm-5:30pm) (5:00pm-9:00pm)

We will be out serving hot dogs at the Cinco De Mayo Softball Tournament! We would love help preparing food in the center and setting up for the event. We will need help serving and closing down after this event at the designated location for the softball games.

May 17

(10:00am-2:00pm)

During our Bob Hope Lunch, we will need help serving food!

Center Representative and Center Support Opportunities

Monday - Friday

First Shift: 10:00am-1:00pm
Second Shift: 1:00pm-4:00pm
Third Shift: 4:00pm-7:00pm
Fourth Shift: 7:00pm-9:00pm

Holidays/Weekends

First Shift: 1:00pm-4:00pm
Second Shift: 4:00pm-7:00pm
Third Shift: 7:00pm-9:00pm

For more information on these opportunities or to register, please go to:

Volunteers.uso.org

Questions? Contact:
Mimi Musser

Programs and Volunteer Coordinator
Spangdahlem USO Center
DSN: 452-6380
COMM: 06565-122-8042
Email: mmusser@uso.org



75 YEARS

Spangdahlem
USO

Volunteer Opportunities



24/7 Fitness Access is Coming to a Fitness Center Near You!

Go Live Date: 2 May 16

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:** 1st 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.
Include name, rank, and unit in your email.



National Women's Health Week is 8-14 May 2016

Events at Spangdahlem Air Base

- Monday 9 May, 1530-1630: Nutrition by the Decade brief. Learn how to eat right in your 20's, 30's, 40's and beyond! Health Promotions Classroom, Bldg 580. No pre-registration necessary. Class is open to the entire base population.
- Tuesday 10 May, 1130-1230: Heart Healthy Cooking Demo and Tasting. Healthy food can be delicious AND easy to prepare! Join guest chef, SSgt Diana Witt from AMXS for FREE lunch! Health Promotions Classroom, Bldg 580. No pre-reg needed.
- Wednesday 11 May : Public Health Event TBD.
- Thursday 12 May, 0900-1000: Interested in learning how to use the equipment in the fitness center, but not sure where to begin? Join us for a *ladies only gym orientation* at the Fitness Center. Please arrive NLT 0845 in gym attire. Pre-registration is encouraged, but not mandatory. Comm: 06565-61-6634 or DSN: 452-6634
- Friday 13 May, 1130-1230: Foodie Friday: Healthy German Cooking. Join guest chef, Mr. Andy Offinger for a FREE cooking demo and tasting. Health Promotions Kitchen, Bldg 580. No pre-registration needed!
- Friday 13 May, 1230-1530: Walk-in clinic for overdue/due screenings (ie: pap screening, STI screening, breast exam/mammogram order). Women's Health Clinic, 52MDG.



The Saber Human Performance Committee and Saber Cyclists want to help YOU enhance your physical resiliency while enjoying the beautiful Mosel Valley!



Please join us for a 100km (60 mile) "Metric Century" cycling adventure

Who: Cycling enthusiasts of all fitness levels

When: Friday 3 June, from 0900-1700



Where: Meet at Outdoor Rec. They will provide a shuttle to Wittlich where we will ride along the Mosel River on the MMR bike trail to Cochem. Outdoor Rec will provide shuttle from Cochem back to Spangdahlem



Cost: \$20 per rider

Riders will enjoy 3 stops to take in the views and relax along the river. We may even find ourselves passing by a bakery!

Check an item off your Spangdahlem Bucket list!

To sign-up, please call Spangdahlem Outdoor Rec at 452-7170 or 06565-61-7170



Health Promotions Presents

foodie FRIDAY



JOIN US!

A GUEST CHEF

From the local community will show you how to prepare a colorful and delicious recipe from our kitchen to yours!

For more information, please call health promotions at 452-7385 or 06565-61-7385

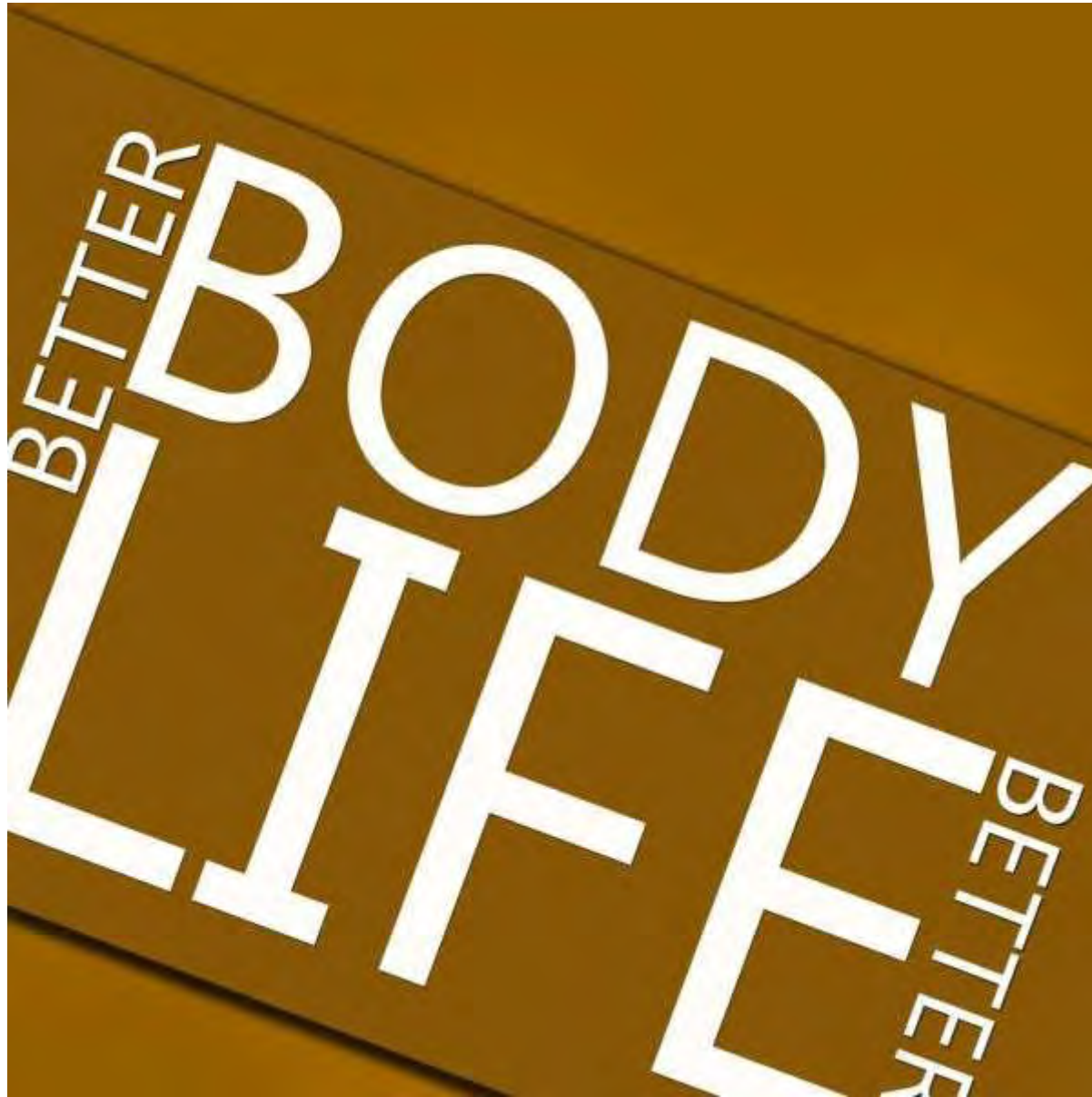
Join us on
Friday, May 13
from 1130-1230
in the

**Health Promotions Kitchen in
the fitness center, bldg 580.**

FREE cooking demo
and tasting, featuring guest
chef Mr. Andy Offinger.

No pre-registration required!





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

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





Summer Camp Registration

Current SAC Families: May 16 - 27

The Community: May 31 - June 10

Sign up by calling us at 452.7545
or Comm 06565-617545

Want to see the full brochure?
Go to 52fss.com and click on Youth Programs Summer Brochure Banner!





High School Upcoming Camp



POC: Maddie Spencer, CB Community Director Spangdahlem/Contractor
T. 01602 554306 DSN: 452 8460
E. maddiespencer@clubbeyond.org

CAIRN BRAE®



high school FIRST TIMERS CAMP

younglife International

zorbing
kayaking
octoball
the iceberg
mountain biking
Club with 150
kids from the UK

31.July-6.August

Loch Monzievaird, Scotland

\$300

(\$50 discount if you sign up by 30 March)

SCHOLARSHIPS AVAILABLE!



10 SPOTS AVAILABLE, PREFERENCE TO FIRST TIME CAMPERS

PROTESTANT WOMEN OF THE CHAPEL (PWOC)

Presents a new Bible Study

Offered two separate times at the Chapel Annex

**Tuesday
Brunch**

900-1100

Childcare Provided

OR

**Wednesday
Lunch**

1200 – 1300



Find us on
Facebook

"Spangdahlem PWOC"

spangpwoc@gmail.com



Spangdahlem Air Base Awana | 2015-2016 CALENDAR

7 Labor Day
15 Awana begins
22 Awana Club
29 Bring a Friend Night

SEPTEMBER 2015						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

FEBRUARY 2016						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

2 Awana Club
9 Wear Favorite Team Color
15 Presidents Day
16 No Club
23 Awana Club

6 Chaplain Night
12 Columbus Day
13 No Club
20 Awana Club
27 Orange you glad Jesus Loves You! (Wear orange)

OCTOBER 2015						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MARCH 2016						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1 Inside Out Night (wear your clothes inside out)
8 Awana Club
15 Awana Club
22 Awana Store Night
27 Easter Sunday
29 Sundae Night (earn toppings and scoops though the month)

3 Awana Store Night
10 Awana Club
11 Veterans Day
17 Awana Club
24 No Awana Club
26 Thanksgiving Day

NOVEMBER 2015						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

APRIL 2016						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

5 Awana Club
12 No Awana Club (Spring Break)
19 Blackout Night
26 Awana Club

1 Awana Club
8 Awana Club
15 Christmas Celebration
22 No Awana Club
25 Christmas Day
29 No Awana Club

DECEMBER 2015						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MAY 2016						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

3 Awana Club
10 Awana Club
17 Awana Store Night
24 Last Club night (Awards Night)
30 Memorial Day

5 Missionary Night
12 Leaps and Bounds Night (Leap into God's Word)
18 M.L. King Day
19 No Club
26 Awana Store Night

JANUARY 2016						
S	M	T	W	Th	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Spangdahlem Air Base Awana

- Tuesday evenings from 1730-1900
- Meets @ Base Chapel
- 3 years old and potty trained to 6th grade
- Register at <http://goo.gl/forms/ZWR3RsSAiw>
- Interested in volunteering? Contact Ruth Taylor SpangdahlemAwana@gmail.com

Awana is a global, nonprofit ministry committed to the belief that the greatest impact for Christ starts with kids who know, love and serve Him.



PROTESTANT YOUNG ADULTS



FUEL

"Get Spiritually FUEL-ed!"

Every Thursday!

Where: Bldg 136, 1st
Floor

Time: 6PM to 7:30 PM

POC: Ch Kelly Stahl
(452-6711)



E-4 and Below!



Bldg 139, 3rd Floor

Hours of Operation

Thursdays:

7:30PM -10PM

Fridays & Saturdays:

7PM-11PM



May Activities



9 May - Morning Coffee

13 May - Halo 3 Tournament

14 May - Vianden Ropes Course

20 May - Open Mic Night

21 May - All Dorm Pajama Social

27 May - Movie Night

For questions contact andrea.aylsworth.ctr@us.af.mil





Spangdahlem Airman & Family Readiness Center

MAY 2016



0900-1100 Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes are held in various locations. See reverse for class locations & descriptions		Location: Building 307 Monday-Friday, 0800-1600 Phone: 452-6422 / Fax: 452-7015			For more information on any class or event, or to sign up for activities and classes, please call 452-6422	
1	2	3 Reintegration 0900-1000	4 Newcomer's Orientation 0800-1530 Pre-Deployment Briefing 1300-1430	5 Trier Train Trip 0900-1730 Key Spouse Initial Orientation 0900-1600 Ditching the Dorm: 1300-1400 Bundles for Babies 1300-1600	6 MILITARY SPOUSE APPRECIATION DAY Reintegration Briefing 0900-1000 Smooth Move: 0930-1100 Community Coffee : Weekend Whims with ITT 1000-1100 Sponsorship Training	7
** SENIOR ** Transition Goal, Plans, and Success Workshop - Monday-Friday 0800-1700						
8	9	10 Reintegration 0900-1000	11 Newcomer's Orientation 0800-1530 Health Relationships Balancing Work and Family 1100-1200 Pre-Deployment Briefing: 1300-1430	12 Ditching the Dorm: 1300-1400	13 Reintegration Briefing 0900-1000 Family Mgmt During Deployment 1000-1100 Sponsorship Training 1300-1400	14
Transition Goal, Plans, and Success Workshop - Monday-Friday 0800-1700						
15	16 TAP-GPS Education Track 0800-1600	17 TAP-GPS Education Track 0800-1600 Boots to Business: 0830-1700 Reintegration: 0900-1000 German Conversation Class 1000-1130 German Cooking Class 1300-1430	18 Newcomer's Orientation 0800-1530 Boots to Business 0830-1700 Pre-Deployment 1300-1430	19 Trier Train Trip: 0900-1730 Spangdahlem Spouse 101 1000-1100 Key Spouse In-Service: 1000-1100 Key Spouse Refresher: 1300-1400 Ditching the Dorm: 1300-1400	20 Reintegration Briefing 0900-1000	21
22	23	24 Reintegration 0900-1000	25 Newcomer's Orientation 0800-1530 Pre-Deployment Briefing 1300-1430	26 My Air Force Volunteer Website Trng 1000-1100 Ditching the Dorm: 1300-1400	27 Reintegration: 0900-1000 Family Mgmt During Deployment 1000-1100 Single Parents Network 1130-1300 Four Lenses: 1400-1630	28
29	30 A&FRC CLOSED CLOSED MEMORIAL DAY 	31 Reintegration 0900-1000 Employment in the Spangdahlem Community 1000-1100		 Visit us on Facebook: 52D FSS Airman & Family Readiness Center (A&FRC) 52FSS.FSFR.AirmanandFamily@us.af.mil		





CAREER AND TRANSITION ENHANCEMENT

Employment: Capture the interest of a prospective employer by effectively highlighting your skills. Learn and practice effective interview techniques. **Please contact Megan Calero at 452-1711 for an appointment.**

Employment in the Spangdahlem Community – Employment workshop. **Tues, 31 May, 1000-1100, Bldg 307, A&FRC.**

(SENIOR) Transition Goal, Plans, and Success Workshop (TGPS) –This 5-day workshop provides instruction on all aspects of Transitioning from a military environment to the civilian sector. Workshop topics include: Approaches to Job Search, Personal & Skills Assessment, Veterans and Survivor Benefits, Resume Writing, Federal Employment, and Financial Planning. Spouses are welcome! **Mon-Fri, 2-6 May, 0800-1700, Bldg 42, Viper C/R**

Transition Goal, Plans, and Success Workshop (TGPS) –This 5-day workshop provides instruction on all aspects of Transitioning from a military environment to the civilian sector. Workshop topics include: Approaches to Job Search, Personal & Skills Assessment, Veterans and Survivor Benefits, Resume Writing, Federal Employment, and Financial Planning. Spouses are welcome! **Mon-Fri, 9-13 May, 0800-1700, Bldg 129, Room 304.**

Boots to Business - Boots to Business is an entrepreneurial education program offered by the Small Business Administration as an elective track for Transition GPS program. The curriculum provides assistance to transitioning Service members exploring self-employment opportunities by leading them through the steps for evaluating business concepts and the knowledge required for developing a business plan. **Tues and Wed, 17 and 18 May, 0830-1700, Bldg 307, A&FRC.**

TAP-GPS Education Track - 2 Day Education Track for transition service members and their spouses. **Mon and Tues, 16-17 May, 0800-1600, Education Center, Bldg 129 Room 304**

READINESS

Reintegration - Classes on the return from Deployments and Remote tours so the family and member have less stressful homecomings. **Tues and Fri, 0900-1000, Bldg 307, A&FRC**

Pre-deployment Readiness Briefing - Mandatory for all personnel deploying for more than 30 days. Spouses are encouraged to attend. **Every Wednesday, 1300-1430, Bldg 307, A&FRC**

Key Spouse Initial Orientation - 6hr Initial Orientation Training for newly assigned key spouses. **Thur, 5 May, 0900-1600, Bldg 307, A&FRC.**

Key Spouse In-Service - Key Spouse SAPR training. **Thurs, 19 May, 1000-1100, Bldg 307, A&FRC**

Key Spouse Refresher Training - This is a 1 hour training for Key Spouse to be brought up to speed on the new Key Spouse guidance. **Thurs, 19 May, 1300-1400, Bldg 307, A&FRC**

FAMILY LIFE EDUCATION

Community Coffee – A friendly environment discussing hot topics concerning military families. **Fri, 6 May, 1000-1100, Bldg 307, A&FRC**

Bundles for Babies - Class focuses on preparing for your new bundle. Open to all Active duty members and their families. Opportunity to network, get resources, play games, and win prizes! **Thu, 5 May, 1300-1600, Bldg 307, A&FRC**

Healthy Relationships - Discussion on tips and tools for effective relationships, conflict management. **Wed, 11 May, 1100-1200, Bldg 307, A&FRC.**

Family Management During Deployment - This workshop is a collaboration of Family Advocacy and A&FRC on providing tools on coping during deployments through communication. **Fri, 13 and 27 May, 1000-1100, Bldg 42, Kuhl Beanz.**

Spangdahlem Spouse 101- This workshop is an open forum which allows new spouses to Spangdahlem who arrives in the months between Heartlink. Children are welcome. **Thur, 19 May, 1000-1100, Bldg 307, A&FRC.**

Single Parents Network - This group is comprised of Single Parents on base and affords them the opportunity to Network and build support amongst each other. Must RSVP. **Every 4th Friday, 1130-1300, Bldg 307, A&FRC.**

Four Lenses - Conduct 4 lenses training to promote personal growth and understanding. **Fri, 27 May, 1400-1630, Bldg 307, A&FRC.**

FINANCIAL READINESS

Ditching the Dorm - Components to successfully transition from the dorm to living off base with a financial plan, understanding entitlements OHA/COLA/Utility Allowance, paying bills, advances available, and resources Airman's Attic etc. **Every Thursday, 1300-1400, Bldg 307, A&FRC**

RELOCATION ASSISTANCE

Newcomer's Orientation – Relocation program providing new comers base and area information. Spouses are encouraged to attend. Free PCS childcare program available for all ranks through the A&FRC. **Every Wednesday, 0800-1530, Bldg 42, Viper Conference Room**

Smooth Move Brief – Relocation Assistance Briefing for Permanent Change of Station (PCS) moves. Briefings by TMO, Legal, Family Advocacy, Finance, Airman & Family Readiness Center, and Housing Office. **Fri, 6 May, 0900-1100, Bldg 307, A&FRC**

Sponsorship Class – Learn the tips and tricks that make you the best possible sponsor for Airmen inbound to Spangdahlem Air Base. Mandatory for anyone who has not sponsored someone in last 12 months. **Fri, 6 and 13 May, 1300-1400, Bldg 307, A&FRC**

Trier Train Trip - Travel by train with an expert! Experience Germany's oldest city through a guided, walking tour, lunch, and time for shopping. Wear comfortable shoes and be prepared for variable weather. **Thu, 5 and 19 May, 0900-1730, Bldg 307, A&FRC**

German Conversation Class – Newcomers have priority within 3 months of PCS. Class taught by native German speaker and will focus on "need to know NOW" language skills to help newcomers to acculturate. **Tue, 17 May, 1000-1130, Bldg 307, A&FRC**

German Cooking Class - Newcomers have priority within 3 months of PCS. Join us to learn German cooking tips, tricks, and recipes. New entrees monthly. **Tue, 17 May, 1300-1430, Bldg 307, A&FRC**

VOLUNTEER

My Air Force Volunteer Website Training- My Air Force Volunteer - Overview of the My Airforce Volunteer Website. **26 May, 1000-1100, Bldg 307, A&FRC**

Please call the A&FRC to make reservations, DSN: 452-6422 or Comm: 06565-61-6422
Your A&FRC is here to help military members, families and civilians enhance their quality of life. Our help is professional, private, and free!





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 May 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Marriage Links 1100-1300 Dads the Basics 0900-1200	4	5	6	7
8	9	10 Marriage Links 1100-1300	11 Creative Critters 1000-1100	12	13	14
15	16	17 Marriage Links 1100-1300	18 Closed Training Day	19	20	21
22	23 Caring for Children Through Divorce 1100-1300	24 Marriage Links 1100-1300	25 Creative Critters 1000-1100	26	27	28
29	30 Memorial Day Closed	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, 2nd 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, 2nd 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, 2nd 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, 2nd 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, 2nd Floor Conference Room

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 2nd & 4th Wednesday of Every Month*

Location: School Age Program, Bldg. 427

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 91-5 pm)
Sat 16 Apr (1-5pm)	Sat. 11Jun (1-5pm)	Sat. 10 Sep (1-5pm)
Sat.16 Jul (1-5 pm)	Sat. 13 Aug (1-5pm)	Sat. 10 Dec (1-5pm)
Sat.15 Oct (1-5 pm)	Sat. 19 Nov (1-5pm)	

Restricted Reporting Policy:

Restricted reporting allows an 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, 2nd Floor

Hours of Operation: 0730-1630

DSN: 452-8279

CIV: 0656561-8279



DAD's the Basics

Want to learn the basics?
Join other Dads in the preparation for fatherhood!

For any expecting father or father
with a child up to age 6 months

WHERE: Bldg. 161 RM. Family Advocacy

TIME: 0900-1200.

For Information on Dates
and to sign up for the class please call:

06565618279 or DSN 452-8279





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 May, starting the 3rd

Time: 1100-1300

Location: Building 161, 2nd 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 2nd Floor

WHEN: May 23, 2016

TIME: 1100-1300

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: School Age Program, building 427

When: 2nd & 4th Wednesday of every month, 1000-1100

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




Cancer Support Group

Cancer Support Group

**For more information, please contact:
Kristen McGarry at
kmdavies66@hotmail.com**



Tobacco Cessation

A close-up photograph of two hands, one on the left and one on the right, holding a white cigarette. The hands are positioned to break the cigarette in half, with the ends of the cigarette touching. 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



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



MAY FITNESS MONTH

AEROBATHON

MAY 7 | 10AM-1PM | FITNESS CENTER

10-11AM | ZUMBA WITH JESSICA TERRY

11-12PM | HIIT WITH ALINA RUGG

12-1PM | TABATA TRAINING WITH JESSICA KELL

STRENGTH CLINIC

MAY 13 & 18 | 9AM-2PM | COMBAT FIT

MURPH CHALLENGE

MAY 27 | 11AM | COMBAT FIT



COME OUT TO
THE SPANGDAHLEM
FITNESS CENTER & TRY...

ZUMBA CLASSES



with Jessica Terry

For more
information
contact
the Fitness
Center
at 452-6634.

ZUMBA®

**CLASSES
ARE HELD:**

Tues & Thurs

5pm • \$5

Wednesdays

11:30am • Free



Spangdahlem Fitness Center
DSN 452.6634
COMM 06565.61.6634

Cinco de Mayo!



Viva Mexico!

Fun Competitions with Prizes!

Latin Music • Drink Specials

May 5, 2016

7pm till Close



SPANGOLAHEW AIR BASE
FORCE
SUPPORT SQUADRON

AIR FORCE
SERVICES
CLUBS

Club Eifel
DSN 452.4633
COMM 06565.61.4633

DESIGNER BAG BINGO

MAY 19 • DOORS OPEN 6 PM
GAME STARTS 6:30 PM

SIGN UP
NOW



APRIL 22
MAY 20
JUNE 10
@ 7pm

Event includes beer tasting, a professional
lecture on the beers and food

CRAFT Beer tasting event





ARMED FORCES DAY

★ MAY 21 | 12-6PM ★

SHOWING MILITARY MOVIES
'TILL 6PM





Come out to the Brick House and throw down
your challenge coin for discount beverages!

DAY OF STAR WARS..



IT MUST BE

May the 4th
be with you

Star Wars movie showing
from start to finish!
@ The Brick House
All day long



SIGN UP WITH
OUTDOOR RECREATION
AT 452-7170!



GONDORF

EIFEL WILDLIFE PARK

MAY 30 9:30AM-5:30PM

\$5 FOR DEPLOYED AFFECTED AIR FORCE
MEMBERS AND/OR DEPENDENTS
**ALL OTHERS \$40 PER PERSON

Two opportunities to participate in the Raptor Birds of Prey demonstration, big animal feeding times, puppet show theatre, forest theatre and pirate show. Enjoy the Petting park with pygmy goats, donkeys, pot-bellied pigs and more! This includes roundtrip transportation and entrance fee.

GO TO WWW.EIFELPARK.COM/EN/ TO VIEW ALL THE DETAILS.



Outdoor Recreation
DSN 452.7170
COMM 06565.61.7170



GORUCK



CHALLENGE

SATURDAY MAY 14

\$25 PER PERSON 8AM

ALL PARTICIPANTS MUST BE AT LEAST 18 YEARS OF AGE AND
WILL RECEIVE A FREE GORUCK LIGHT T-SHIRT

4-6 HOURS 7-10 MILES OBSTACLES TO CHALLENGE YOUR SKILLS
MAX 50 PARTICIPANTS

SIGN UP AT OUTDOOR RECREATION





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



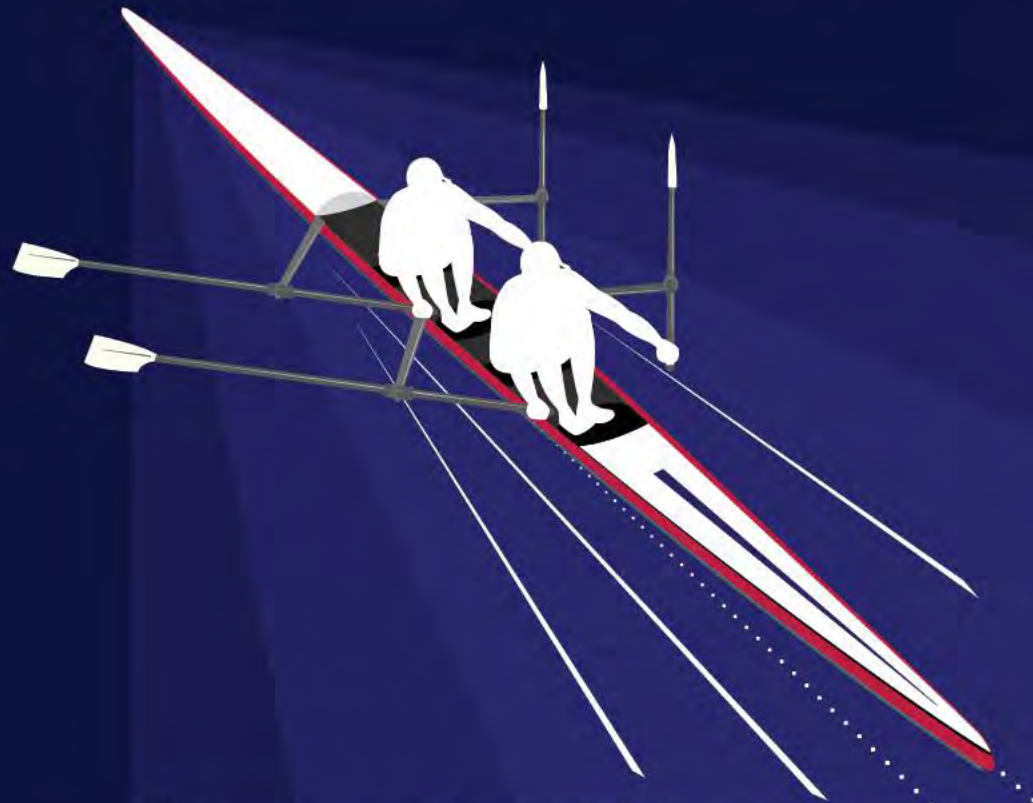
THE WALL OF FITNESS IS AN INCENTIVE PROGRAM BASED ON STRENGTH. MEMBERS WILL TRY TO BENCH PRESS, SQUAT, OR DEAD LIFT WEIGHT, BASED ON THEIR BODY WEIGHT, TO GET THEIR PICTURES POSTED ON THE “WALL OF FITNESS”. THEY CAN LIFT IN ANY CATEGORY OR ALL CATEGORIES. HOWEVER, IN ORDER TO BE ON THE “WALL OF FITNESS” 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 1232km...

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 to see what the **HOT** jobs are.



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