

52d Fighter Wing

Base Events



Spangdahlem Air Base, Germany

May 2018

A resource directory for Sabers and their families.


A PRODUCT OF THE COMMUNITY ACTION TEAM



[Gracie Self-Defense System](#)



[Home Security Tips](#)



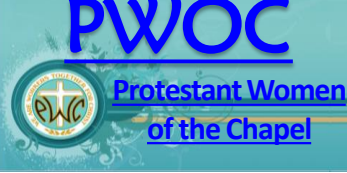
[Campus Life Spangdahlem](#)



[Creative Critters](#)



[EIF Exceptional Families](#)



[PWOC Protestant Women of the Chapel](#)



[Little Critters](#)



[Airman & Family Readiness Center](#)



[Sleep Clinic](#)



[Family Advocacy](#)



[Awana Clubs](#)



[Running Clinic](#)



[Connect with Us](#)



[Lose Weight Class & Support Group](#)



[Tobacco Cessation](#)

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



Open in full screen and enable features in Acrobat

Open in full screen and enable features in Acrobat



EXCEPTIONAL *Family Member* PROGRAM 101



SUPPORTING
Military Families
with SPECIAL NEEDS



JAN 26
WORKSHOP
at A&FRC

APR 27
FACEBOOK
LIVE EVENT

JUL 27
WORKSHOP
at A&FRC

OCT 26
FACEBOOK
LIVE EVENT

TIME FOR ALL DATES: 11AM-12PM

Are you enrolled in the Exceptional Family Member Program but not really sure what it means? Do you have questions about what qualifies someone for EFMP enrollment? If you are enrolled, do you know about all of the resources available to you and your family?

Tune into a FB Live Event or join us at the A&FRC to learn answers to these questions plus much more!



CALL DSN: 452-6422
COMM: 06565-61-6422 TO SIGN UP!



NEW PARENT BUNDLE PACK: NEWBORN BASICS 101 & 102



Come learn what
to expect during
the first few
months of life.

10 & 24 May 2018

1100-1300

For More information call
Family Advocacy: 452-8279

52mdos.sgowfap@us.af.mil





Pregnancy Support Group



4th Wednesday of every month
1200-1300 at the Bowling Alley Party Room

Safe space to share thoughts

Scared?

Questions?

Much needed support during a major life transition

For expectant moms, new moms, & experienced moms

****Guest speakers****

(Children welcome)

Brought to you by Family Advocacy

POC: Jude Allen

452-8279

Want to laugh? Cry?



Share a story?

Parenting with Love and Logic

Practical tools to help parents achieve respectful and healthy relationships with their children.

**4 Class Series- 3, 10, 17 & 24 May 2018
from 15:00- 17:00 Bldg 129 Room 214
Contact Family Advocacy at: 452-8279/
52mdos.sgowfap@us.af.mil**



Putting the Fun Back Into Parenting



1-2-3 Magic

Effective Discipline for Children 2 -12

May 10, 17, & 24 2018 from 11:30- 13:00

Bldg 129

Call Family Advocacy For Additional Information 452-8279



Caring For Children Through Divorce

DIVORCE DECREE

A fountain pen with a black barrel and gold accents lies horizontally across the lower half of the image. The background is a document with the words 'DIVORCE DECREE' printed in large, grey, serif capital letters, slanted upwards from left to right.

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.

WHERE: Bldg 129 2rd Floor Room 214

WHEN: 8 May 2018 13:00-17:00

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



YOUR HOME, YOUR REFUGE

Did You Know?

In most cases, burglars give up if breaking in takes longer than **3 MINS**.

Only **1/3** attempted burglaries are reported, but reporting helps police investigations.

Occupants are **RARELY HOME** when burglaries are committed.

Most burglars enter buildings at the **BACK** on the ground floor.

Vast majority of burglaries are committed with **WINDOWS** and **DOORS** pried open.

Half of all burglaries end during the **FIRST** stage. Security technology works...Use it!



Off Base: Dial 110
On Base: Dial 911

What should I report to AFOSI? ...Good Question!

DETAILS! ...5Ws (who, what, when, where, why)

New people/cars near your house

Unscheduled visitors

Markings on your property

Anything suspicious or out of the ordinary

10 Rules for a Safe Home:

1. **Keep your building door CLOSED in the day. Check who wants to enter BEFORE opening the door.**
2. **NOTICE unknown persons in the area and approach them, if necessary.**
3. **Don't simply close the door—Always turn the key TWICE.**
4. **DON'T HIDE your keys outside.**
5. **CLOSE ALL windows and doors when you are out, even if for a short time.**
6. **Make your home look like someone is LIVING in it.**
7. **EXCHANGE phone numbers with your neighbors in case of emergency.**
8. **Tell elderly neighbors they can CALL YOU if unknown people want to enter their building.**
9. **NOTIFY POLICE of suspicious activity. DON'T try to apprehend burglars.**
10. **DON'T ALLOW unknown persons into your home.**



Eagle Eyes: +496565616666

Top-3 Scholarship Award

- Like free money? How about an extra \$250 towards your college fund?

Then apply for the Top-3 Scholarship Award!

- **Who's eligible?**
 - Any enlisted USAF member or their dependents assigned to Spangdahlem AB
- **When?**
 - Apply by the last day of each Quarter that you attend classes
(Mar/Jun/Sep/Dec)
- **How?**
 - Find an application [HERE](#)
- POC – MSgt Richard Minton(x3471) & MSgt Jason Luckenbaugh(x6266)



Child Find Screening



Do you have concerns about your child's development for motor, behavior, social, readiness skills, or speech & language? Child Find screening is conducted at Spangdahlem Elementary School for children ages 3-5 who are not currently in kindergarten. If you would like further information or to schedule an appointment please call:

DSN: 452-6881

Commercial: 06565616881

email: searcy.bull@eu.dodea.edu

Mrs. Bull/PSCD Teacher



**MONDAYS &
THURSDAYS
AT 10:30AM**

Story TIME



Join us on Mondays and Thursdays at 10:30am for story time at the library! Your preschool and kindergarten aged children will enjoy interactive stories, as well as craft time afterwards on Thursdays. Younger siblings are welcome.

**BLDG 148
452-6203**

Science, Technology, Engineering & Math



Join us every Wednesday from 3-4pm
as we build, learn, explore and create using
science and art. Each week this hands on
club will have a different activity designed
to engage our critical thinking skills
and creative ability.

Registration required by calling or visiting the Library.

BUILDING 148

DSN 452.6203

Follow 52D FSS Library on Facebook for
news and updates for special programs.

AIR FORCE RESERVE

AIR RESERVE TECHNICIAN

INTERESTED IN A FULL-TIME POSITION WITH THE AIR FORCE
RESERVE AS AN AIR RESERVE TECHNICIAN?

PART-TIME RESERVIST
FULL-TIME CIVIL SERVANT



CALL TECH SGT DEBOURG: 910-237-8848





Become a Volunteer! We have volunteer opportunities to match a wide range of interests & time commitment.

To Start



American
Red Cross

Red Cross 101 Orientation

@ 1000-1100

-monthly every first & third Friday

Contact us for more information:

Spangdahlem Red Cross

DSN: 452.9440

COMM: 065065-61-9440

Bldg 319, 2nd Floor

Go to our  Spangdahlem Red Cross page, and click on the blue Sign Up button or visit:

volunteerconnection.redcross.org





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



SPORTS PHYSICALS

All children need a yearly physical/well visit to participate in base sports activities.

- If your child needs a physical for sports participation, please call the Appointment Line to schedule an appointment, at **06565-61-8333**, or DSN **452-8333**.
- All physicals are good for one year, so if your child had a physical on or after 1 September 2016, they are still cleared for participation and can call for an updated physical form. They do *not* need another physical appointment this summer.
- If you are unsure when your child's current physical expires, or if it will cover them for the season, please call the Appointment Line to open a telephone consult. A clinic nurse will be in contact with you.
- Appointments are currently available and ready to be booked. Please don't wait until the last minute!



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.



Health Promotions Presents

Running Clinic



- **What:** A workshop designed to help participants maximize run time and prevent injury
- **Date/Time:** Last Friday of the month @ 1330-1430
- **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 or
MSgt Patricia Mallins at patricia.mallins@us.af.mil.
Include name, rank, and unit in your email.



Looking to Lose Weight...AND keep it off?

Monthly Weight Loss Classes
Available to everyone!

When: Every 1st Tuesday of the month @ 0800
Where: Health Promotion classroom- 452-7385



Supportive
Team
Reaching
Our
Nutritional
Goals

WEIGHT LOSS SUPPORT GROUP

Losing weight is **TOUGH**...you
shouldn't have to do it alone!

When: Every 1st Friday @ 1300

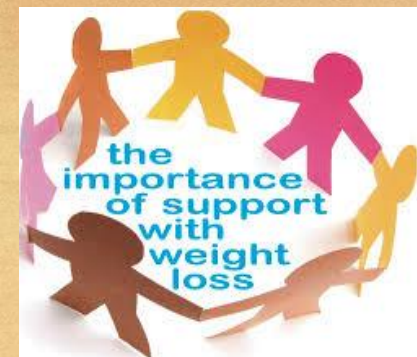
Where: Health Promotion Classroom

IT TAKES
4 WEEKS
FOR YOU TO SEE YOUR BODY CHANGING

IT TAKES
8 WEEKS
FOR YOUR FRIENDS AND FAMILY

IT TAKES
12 WEEKS
FOR THE REST OF THE WORLD

KEEP GOING



DSN: 452-7385



Ready to Quit? We can help!

Call Health Promotions for information
on the Tobacco Cessation program
DSN: 452-7385

QUIT TOBACCO.

make everyone proud

www.ucanquit2.org





Teddy Care
52d Fighter Wing
Appointment Child Care



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

This program is funded by the Officers and Civilian Spouses Club.

Please ask your Provider for details.





Teddy Care
52d Fighter Wing
Appointment Child Care



Teddy Care is a program established to assist parents of young children who are receiving services through Mental Health, Family Advocacy Program (FAP), Educational & Developmental Intervention Services (EDIS), and/or the Chapel.

This program will allow for FREE, hourly, childcare services at the Spangdahlem Child Development Center (CDC) during appointments with the above noted clinics.

Registration for the program is required and childcare slots must be reserved in advance. The CDC paperwork provided in this packet must be completed and submitted to the CDC prior to participating in the program. NOTE: All services are subject to childcare provider availability.

Tips for completing CDC paperwork:

One form 1181 and Hourly Care Agreement must be completed for each child.

The "EMERGENCY CONTACT" on form 1181 must be someone outside of the household.

By providing a copy of your child's current immunizations, it is not necessary to provide the vaccine/immunization information on the bottom of the first and second pages of form 1181.

Documentation of a physical exam must be valid within one year of registering.

If you choose to utilize this free service, please ensure that your provider is aware. He or she will then provide you with a childcare voucher at the end of your visit which must be turned into the CDC at the time you pick up your child. Please note that you must pick up your child within 20 minutes of your voucher being signed for it to remain valid.

This program is funded by the Officers and Civilian Spouses Club.





Sleep Clinic at Spangdahlem MDG

With Behavioral health optimization program (BHOP) and Mental Health

Please talk with your medical provider to see if the Sleep Clinic could benefit you! Or just come to our Sleep Enhancement Seminar every Thursday from 1250 -1400 at the Main MDG (check in at Family Health).

No appointment needed - just show up!

If you have any questions, feel free to call Dr. Davis at DSN 452-8285.



Spangdahlem PWOC

(Protestant Women of the Chapel)

PWOC is an extension of the Spangdahlem AB Chapel. We exist to encourage and equip the women in our community to grow spiritually within the body of Christ through prayer, the study of God's Word, worship, and service.

God-empowered • Christ-centered • Spirit-led

Bible Studies Offered:

Tuesdays from 0900-1100 (Sept-Jun, childcare co-op available)

Wednesdays from 1200-1300 (Year-round, no childcare)

Studies meet weekly in the Chapel Annex, Bldg 135.



spangpwoc@gmail.com



“Spangdahlem PWOC”





**CAMPUS
LIFE**[®]
Spangdahlem

Formerly:

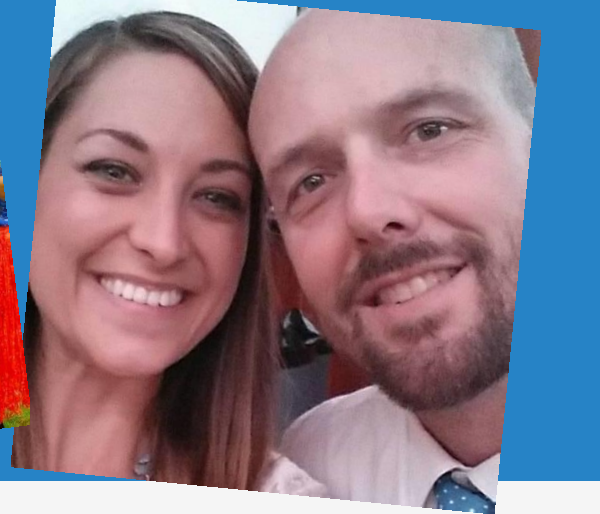


Tuesdays:

Middle School 15:00-16:30

High School 18:00-19:45

Building 139, ground level



POC: Mark + Maddie Spencer,
Community Director Spangdahlem
E. madelinespencer@yfcmail.org



Spangdahlem Campus Life

Campus Life is a Chapel
based youth program
for students in grades
6th-12th.





Children 3 yrs+ (potty trained) -6th grade
come together to
learn, know and serve Jesus Christ!

Email SpangdahlemAwana@gmail.com to learn more

 facebook Spangdahlem Awana

Sept –May Tuesdays 1730-1900 Chapel Annex



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 as needed

Location: Education Center (Bldg. 129) room 214

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 as needed

Location: Education Center (Bldg. 129) room 214

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: Education Center (Bldg. 129) room 214

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: Education Center (Bldg. 129) room 214

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 as needed*

Location: Education Center (Bldg. 129) room 214

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 1st 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 1st & 2nd Wednesday THIS 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.

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, 2nd Floor

Hours of Operation: 0730-1630

DSN: 452-8279

CIV: 0656561-8279



LITTLE



Critters

CONNECT AND LEARN WITH
OTHER PARENTS AT A NEW
PLAYGROUP FOR BABIES 18
MONTHS AND YOUNGER.
PLEASE BRING A MAT OR BLANKET
FOR YOUR BABY TO PLAY ON.

FOR MORE INFORMATION
CALL JUDE ALLEN AT 452-8279
OR THE LIBRARY AT 452-6203.

1st & 3rd Tuesday
10:30-11:30am

At the Base Library





Creative Critters

2nd & 4th Wednesday Monthly

10am-11am @ Eifel Powerhouse Gym (next to commissary)

Join us for a unique educational playgroup for children ages
18 months – 4 years

- Learn social skills
- Engage in educational & interactive play
 - Develop fine motor skills
 - Enjoy a simple craft project



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



★ SABER ★
SPORTS LOUNGE
IS GOING COUNTRY FOR

COUNTRY

NIGHT

Every Saturday



6:00PM • CLOSE

ENJOY A TASTE OF BACK HOME WITH COUNTRY MUSIC, DRINK SPECIALS, & LINE DANCING WITH AJ SMIT EVERY SECOND AND FOURTH SATURDAY 7-9PM.



COMMUNITY CENTER

DRUM LESSONS

CONTACT
MATTHEW DAVIS
matthewdavisdrumming@gmail.com
+49.151.2164.9836

\$20 PER 30 MINUTES
Open to all ages...
...and skill levels



SABER SPORTS LOUNGE +
BRICK HOUSE PRESENT

LATIN MUSIC NIGHT



Club Eifel
DSN 452.4633
COMM 08565.61.4633

Eifel Community Center
DSN 452.7260
COMM 08565.61.7260

7PM-12AM

1ST SATURDAY
OF THE MONTH AT
SABER SPORTS LOUNGE

3RD SATURDAY
OF THE MONTH AT
THE BRICK HOUSE

FREE SALSA +
BACHATA LESSONS
FROM 7 - 8PM



AUTO HOBBY

SELF HELP

now open

**Thursdays
4-10pm**



LAWN & GARDEN TOOLS

LAWN MOWER - GARDEN TOOLS - UTILITY TRAILER



OUTDOOR GEAR

TENTS - SLEEPING BAGS - BOB STROLLER - BACKPACKS



FUN & GAMES

CORNHOLE - INFLATABLE CASTLES - CROQUET SET



BIKES & GEAR

ROAD BIKES - MOUNTAIN BIKES - HELMETS



WATER SPORTS

KAYAKS - CANOES - LIFE JACKETS



WINTER SPORTS GEAR & MAINTENANCE

SKIS - SNOWBOARD - BOOTS - BINDINGS



RENT THIS & MORE

at Outdoor Recreation



BLDG 146
452-7170 OR 06565-61-7170
MONDAY-FRIDAY 10AM-5PM



CALL
016099625976
FOR DELIVERY
WEEKDAYS FROM 7-10AM

Delivers to your building, not your office!
Starts delivering after 8am.



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



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



Saber PET LODGE

BUILDING 440

DSN: 452-5004

Comm: 0656561-5004

Music & Video Xpress
BLDG 126, 1ST FLOOR

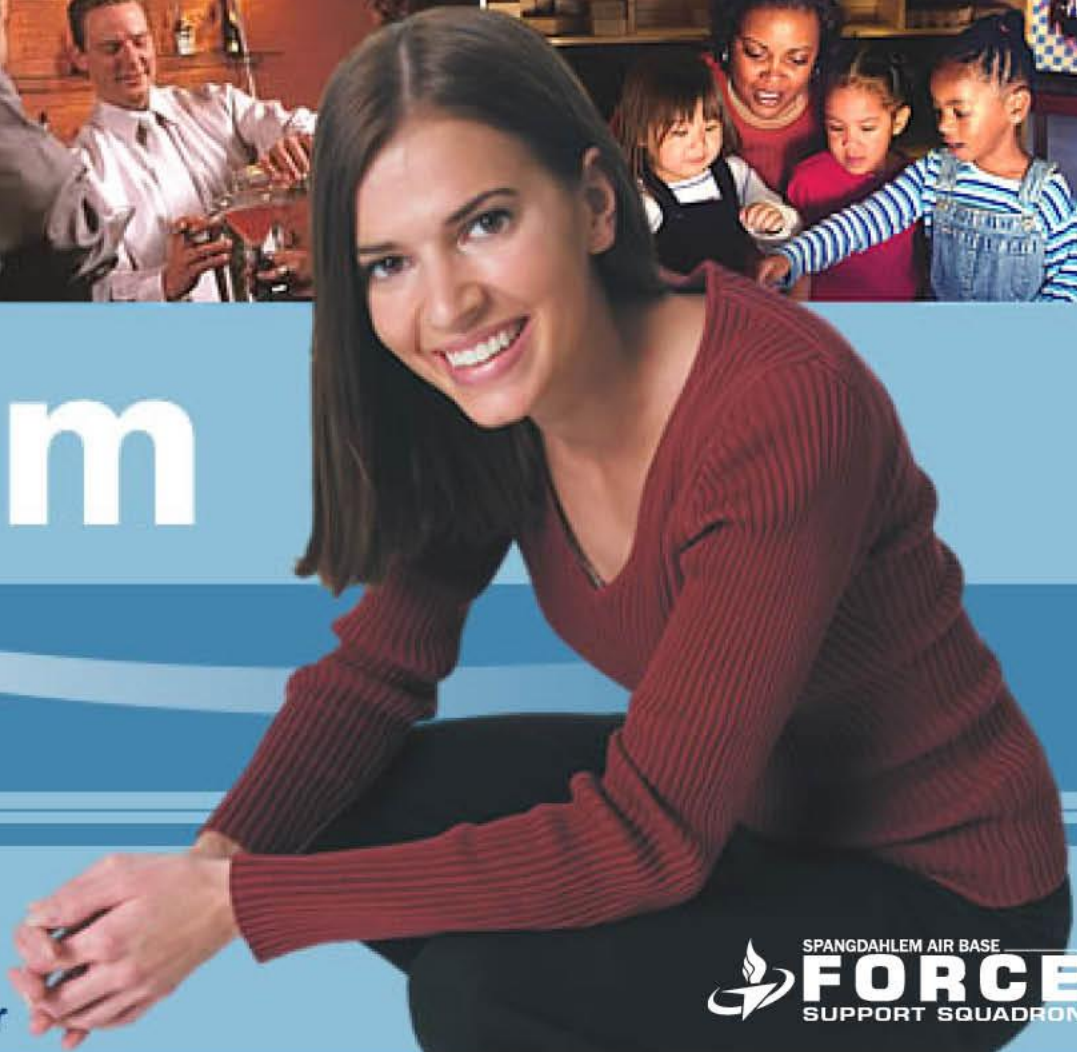


IS YOUR *Streaming Service* ON THE FRITZ?

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



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.



LOOKING FOR
SOMETHING TO DO?



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

Visit 52fss.com Today!

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



Connect with us on facebook

[Spangdahlem Air Base](#) (52d FW official Facebook page)

[52nd FW Command Team](#)

[AFN Spangdahlem](#)

[AFMS - Spangdahlem - 52 Medical Group](#)

[Spangdahlem AB Family Advocacy Program](#)

[Spangdahlem AB Chapel](#)

[Spangdahlem AWANA program](#)

[Spangdahlem Antiterrorism-Force Protection](#)

[Spangdahlem Eifel Holiday Bazaar](#)

[Spangdahlem Officers' & Civilians' Spouses Club](#)

[Spangdahlem Passenger Terminal](#)

[Spangdahlem Red Cross](#)

[Spangdahlem School Liaison Office](#)

[Spangdahlem Spouses & Enlisted Members Club \(SSEMC\)](#)

[Spangdahlem Veterinary Treatment Facility](#)

[Eifel Community Schools](#)

[Spangdahlem Middle School](#)

[Spangdahlem High School](#)

[52 FW Spangdahlem Post Office](#)

[52D Force Support Squadron](#)

[52D FSS Airman & Family Readiness Center \(A&FRC\)](#)

[52D FSS Arts & Crafts Center](#)

[52D FSS Club Eifel](#)

[52D FSS Community Center](#)

[52D FSS Eifel Lanes Bowling Center](#)

[52D FSS Information Tickets & Travel](#)

[52D FSS Kuhl Beanz](#)

[52D FSS Library](#)

[52D FSS Saber Pet Spa](#)

[52D FSS Spangdahlem Fitness Center](#)

[52D FSS Youth Programs](#)

[52D Spangdahlem Housing Management Office](#)

[USO Spangdahlem](#)

