

OPERATIONscificon

[Spang QoL](#)



[EVEREST Resiliency Tour](#)



Coming Soon: [Quality of Life Projects](#)

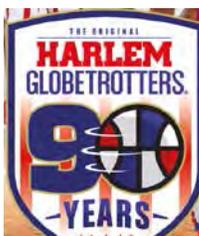
52d Fighter Wing



[Anger Management](#)

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Base Events



Spangdahlem Air Base, Germany



[Dad's the Basics](#)



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FOODIE Fridays



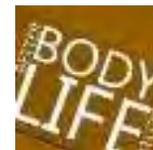
[Gracie Self-Defense System](#)



[Employment in Spang](#)



[Teddy Care Appointment Child Care](#)



[Better Body, Better Life](#)



Spangdahlem



November 2016

A resource directory for Sabers and their families.



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



[Community Coffee: Christmas Markets](#)



[Tobacco Cessation](#)

CANCER SUPPORT
Cancer Support



[Airman Ministry Center](#)



[Connect with Us](#)



Open in full screen and enable features in Acrobat

Open in full screen and enable features in Acrobat



A PROJECT OF THE INTEGRATED DELIVERY SYSTEM



2016

Campaign Dates:

3 October - 2 December

**Give to your favorite
charity or give back to
Spangdahlem. The choice is
yours!**

**Contact your Unit
Coordinators to Donate!**



EVEREST Resiliency Tour

AF Entertainment Motivational Series

Come out for an interesting and inspirational
meet & greet with Tom Whittaker-the first
amputee to summit Mt. Everest and his team

10 NOVEMBER—1600

Brickhouse Community Center
(No registration required)



POC: Helena Palmer at 06565-61-5314 or
helena.palmer@us.af.mil

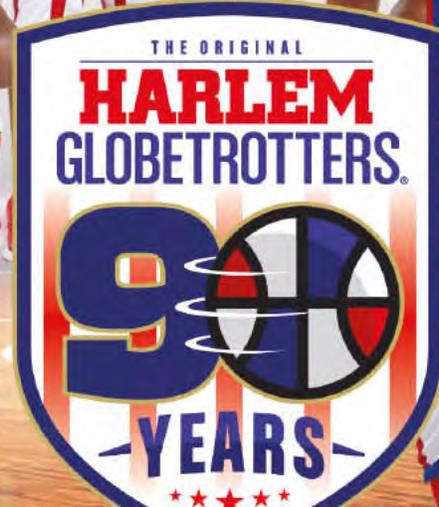


WEDNESDAY, NOVEMBER 9TH
GEORGE PRICE GYMNASIUM • FITNESS CENTER
GAME TIME IS 6PM

**Navy Entertainment &
Armed Forces Entertainment**
present

THE ORIGINAL

HARLEM GLOBETROTTERS.



OPERATION scificon TOOTH

2016

NOV 19
9:42am-5pm

Costume Contest for adults and kids
Special Limited Edition Coin Prizes
Table top and Retro Game demos
Jedi Training Center for kids Special Guests & so much more!
Collector discussion groups and classes





Enhancing Spangdahlem QoL

Bowling Pinspotter Replacement (Eifel Lanes), Est. Completion Date: November 16
52 FSS - Investment Project

Bowling Pinspotter Replacement (Eifel Lanes)

PA: \$276K

Est Start Date: Nov 16

Est Comp Date: Nov 16

- Features:
 - Quietest, fastest pinspotter on the market
 - Better reliability / better bowler experience
 - Replaces 20+ year old pinspotters
 - Easy to maintain, less maintenance, downtime



COMING

SOON

Sabers—Seek, Attack, Destroy!





Enhancing Spangdahlem QoL

Children's Room Décor Upgrade (Base Library), ECD: November 16
52 FSS - Investment Project

Children's Room Décor Upgrade (Base Library)
PA: \$24.5K
Est Start Date: Nov 16
Est Comp Date: Nov 16

- Features:
 - Relocate, optimize & expand children's room
 - Modernize children's furnishings and fixtures
 - Repaint area and create themed wall murals



GZ-MOC

SOON

Sabers—Seek, Attack, Destroy!





Enhancing Spangdahlem QoL

Replace Serving Line, Kitchen Equipment & Décor Upgrade (Dining Facility), ECD: December 16
52 FSS - Investment Project

Replace Serving Line, Kitchen Equipment & Décor Upgrade (Dining Facility)

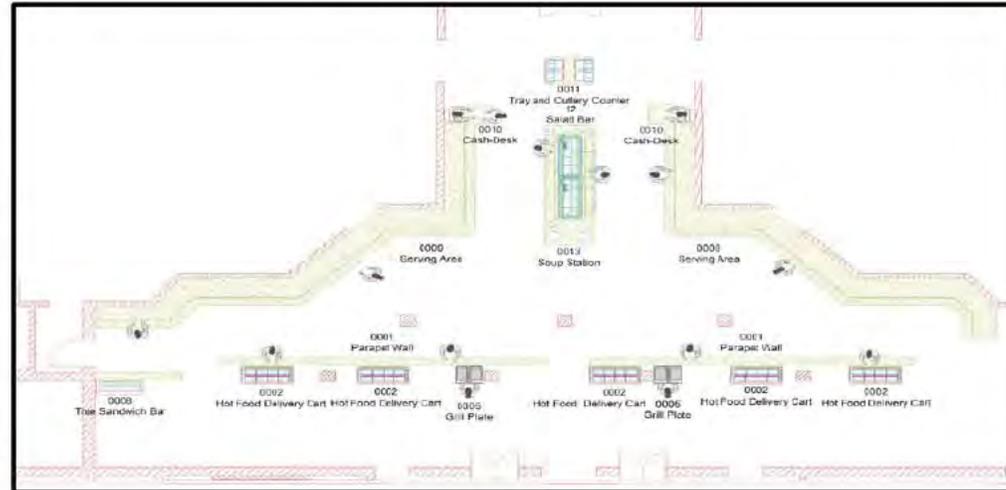
PA: \$406K

Est Start Date: Sept 16

Est Comp Date: Dec 16

• Includes:

- State-of-the-art serving line w/ self regulating warmers
- New energy efficient dishwashing machine
- New ceiling fans, paint, décor, blinds & TV's
- Replace combi oven, fryers, tilt grill, steam kettle, prep tables, sinks, serving trays, flat grill & refrigerators



Sabers—Seek, Attack, Destroy!



GZ-MOC

SOON



Enhancing Spangdahlem QoL

Indoor Toddler Play Area (Base Exchange), Est. Completion Date: March 17
 Purchased with 2016 Installation Excellence Award Funds

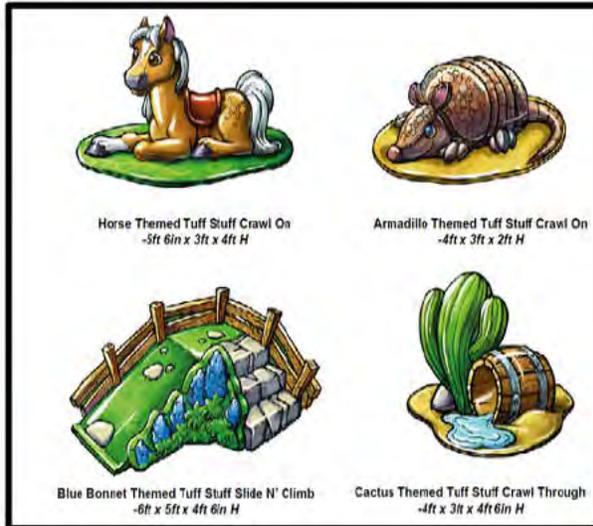
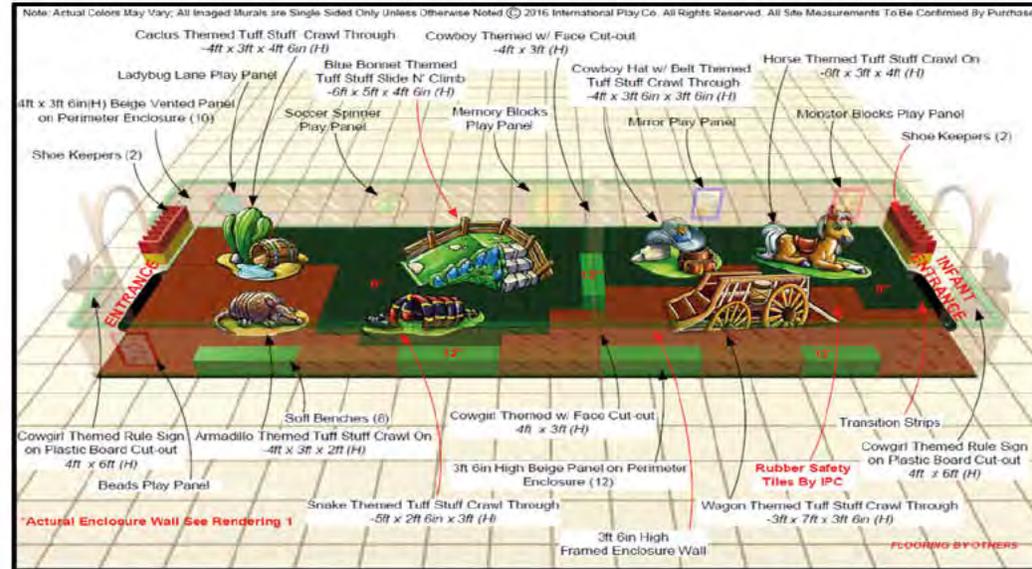
Indoor Toddler Play Area (Base Exchange)

PA: \$85K

Est Start Date: Mar 17

Est Comp Date: Mar 17

- Includes:
 - Variety of toddler play structures
 - Contained area with dual entrance/exit
 - Rubber safety tile flooring w/ transition strips
 - Multiple interior play panels
 - Size: 35'-0" x 13'-0" x 7'-0"



GZ-MOC

SOON

Sabers—Seek, Attack, Destroy!





Enhancing Spangdahlem QoL

9 Hole Disc Golf Course (Fitness Center), Est. Completion Date: April 17
Purchased with 2016 Installation Excellence Award Funds

9 Hole Disc Golf Course (Fitness Center)

PA: \$8K

Est Start Date: Apr 17

Est Comp Date: Apr 17

• Features:

- 9 hole course designed near fitness center
- Free of charge; discs issued at fitness center
- Geared for all age groups; families & Airmen
- Self-paced outdoor year round, easy access



COMING

SOON

Sabers—Seek, Attack, Destroy!





Living in the New Normal



Helping Children Thrive through Good & Challenging Times

INSTITUTE

Living in the New Normal™ Institute (LINN™-I) is a professional development institute designed for counselors, social workers, parents, and other concerned adults to explore how they can support military-connected children and youth through good and challenging times.

Learning Outcomes:

- ▶ Differentiate affective aspects of children dealing with change
- ▶ Recognize how a family member's military experience affects the child
- ▶ Formulate methods that build resilience and maximize the natural strengths of children
- ▶ Identify national, military, and community resources to support children

Register here:

www.MilitaryChild.org/training

For more information about this training, other professional development opportunities, or support, please contact:

Erica Lynch at (254) 953-1923 x 1110 or erica.lynych@MilitaryChild.org

Save the Date!

REGISTER TODAY

December 8&9, 2016

8:00 am - 4:00 pm

Eifel Arms Inn
Spangdahlem AB
52 FSS/FSVL Geb. 520
Spangdahlem, Germany, 54529

Sponsored by:

U.S. Air Force



There is no cost to participants.

Upon completion of the training (12 clock hours) participants may apply for continuing education credits for a fee of \$25.00. CE credit applications must be received within 12 months from the completion of the training.

For additional information visit: www.MilitaryChild.org/professionals/programs/continuing-education-graduate-credit



Provider #: 6283



Provider #: 1307936



Provider #: 2586

Military Child Education Coalition

909 Mountain Lion Circle • Harker Heights, Texas 76548 • (254) 953-1923 • www.MilitaryChild.org

The Military Child Education Coalition® solely exists to help the military and veteran-connected child thrive in the face of transition and separation.

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Spangdahlem Middle School PTSA Presents: Reindeer Fun Run 5K Run/Walk



Come out and support your Spangdahlem Middle School Bulldogs.

Drop off registration forms to Spangdahlem Middle School to the attention of Mrs. Ellestad or Ms. Walls.

You will receive an email confirmation.

When:

*December 9th
Run @ 1600*

*Registration starts
@ 1500*

Where:

*Start @
Spangdahlem
Middle School
Court Yard*

*Pre-registration
Starts Now until
Nov 30th. Shirt is
guaranteed with
pre-registration.
\$20.00.*

*Registration
after the 30th
\$20.00 with
limited shirts.*

Race number: _____

Paid: \$20_____

Spangdahlem Middle School's 5K REINDEER RUN/WALK REGISTRATION FORM

Name: _____

Phone: _____ Age Date of Race: _____

Email: _____

T Shirt Size Youth Medium Youth Large Adult Small
 Adult Medium Adult Large Adult X-Large

Reindeer Run is a family friendly event on December 9th at 1600. Registration will start at 1500. In addition to the 5K Spangdahlem Middle School Clubs will have an information booths, interactive demos, and activities.

DATE Friday, December 9, 2016 RACE START TIME 1600(4:00)
LOCATION SPANGDAHLEM MIDDLE SCHOOL

The 5K Reindeer Run/walk will start at the Spangdahlem Middle School. Path will be visibly marked with volunteers throughout the route. Cross at the cross walks only and will finishing where the race started.

DETAILS Pre-register by November 30, 2016 to receive an event T-Shirt. Participants may register by contacting Jeanetta Singleton or turning in money and registration form at Spangdahlem Middle School's office, to the attention of Mrs. Ellestad or Ms. Walls. The Reindeer Run is open to all ages and skill levels. There will be 1st, 2nd, and 3rd place awards for youth and adults. Refunds are not available.

WAIVER I know that running or volunteering for a road race is a potentially hazardous activity, which could cause injury or death. I will not enter or participate unless I am medically able and, by my signature, I certify that I am medically able to perform in this event and that I am in good health. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for health or safety purposes. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Spangdahlem Middle School, Spangdahlem Middle PTSA, event volunteers, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

I grant permission to all of the foregoing to use my photographs, recordings, or any other record of this event for any legitimate purpose.

Pre-registration is due by November 30, 2016 by 1500. All registration forms collected after November 30th are not guaranteed an event T-shirt.



Questions? Call Jeanetta at 01711650012 or email at netta_ann00@hotmail.com

Signature to consent to waiver: _____



SPANGDAHLEM LEGAL OFFICE NEWSLETTER

Post-Government Employment



SCRA

Downloading

Ask a JAG: VITA

[Click here](#)

<http://www.spangdahlem.af.mil/Units/52nd-Fighter-Wing-Judge-Advocate>



2016 Air Force

ART CONTEST

**Call for
Entries**

November 1-30

Categories

ADULTS

Novice or Accomplished

YOUTH

Teen: Ages 13-17

Pre-Teen: 9-12

Children: 6-8

Prizes

AWARDED IN EACH CATEGORY - 1ST-3RD

START ON YOUR MASTERPIECES NOW!

FOR MORE INFORMATION VISIT
Myairforcelife.com/artcontest



COMMUNITY Coffee

10-11AM

Sign up today!

7/10 EVERYTHING PUMPKIN

4/11 CHRISTMAS MARKETS

2/12 HOLIDAY RECIPES

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

NOVEMBER 1 & FEBRUARY 14 & MAY 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



Key Spouse orientation is a mandatory training required for spouses interested in and appointed by Unit Leadership.

Airman & Family Readiness Center

Key Spouse Orientation

November 3 • 9am - 4pm

Why is this Program Important?

- Promotes individual, family, and unit readiness
- Establishes continuous contact with spouses/families
- Encourages peer-to-peer Wingman support
- Links to leadership

KEY SPOUSE Program Outcomes

- Increased awareness of installation/community resources
- Identified/resolved issues at lowest levels
- Prepared/supported families during separations

Registration Required. No children permitted during the training.

Free Childcare Available



EMPLOYMENT in the SPANGDAHLEM COMMUNITY

October 25 · November 29 · December 27 · A&FRC · 10-11AM

Come learn about employment opportunities in the Spangdahlem Community and develop a plan for your employment goals.





75 YEARS

Spangdahlem
USO

November
Happenings

NOVEMBER 2016



Spangdahlem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interested in volunteering? volunteers.uso.org Volunteer		1	2	3	4 NO SCHOOL TODAY	5
6	7	8 Election Night! Vote for your FAVE Chili! 5-7pm	9 NO SCHOOL TODAY Elementary Only	10 NO SCHOOL TODAY	11 HOLIDAY! Veterans Day	12
13	14	15	16 Thoughtful Thursday for Transitioners FREE Headshot for LinkedIn 5-7pm	17	18	19 Spang SciFi Con Club Eifel 10-5
20	21 Breakfast for Lunch! French Toast!	22	23 Thanksgiving Dinner 3pm	24 HOLIDAY! Happy Thanksgiving! Thanksgiving Dinner 3pm	25 52 FW Family Day NO SCHOOL TODAY	26
27	28 Breakfast for Lunch! French Toast! 11-1	29	30			



Spangdahlem USO
Bldg 126, Rm 116
DSN: 452-6380
COMM: 06565-122-8042

spangdahlemuso@uso.org
FB: USO Spangdahlem

This month, we honor our nation's Veterans. For all you've done for our country and for all you continue to do, Thank You!





Spend the rest of your Election Day

at the USO Center

Vote

for your favorite Chili

November 8th
5pm-7pm

Spangdahlem USO
Center
Building 126

Enjoy some movies in our movie room

Man of the Year
Election Day
Napoleon Dynamite



Spangdahlem

DSN: 452-6380 / Comm: 06565-122-8042
SpangdahlemUSO@usoo.org

www.volunteers.usoo.org
www.usoo.org
USO Spangdahlem



IT'S TIME
TO DRESS TO
IMPRESS



THE USO CENTER IS OFFERING FREE
PROFESSIONAL HEADSHOTS

NOVEMBER 17TH 2016
5PM-7PM
Walk-ins only

Free look and walk
through of a Premium
LinkedIn Profile from
our friends at the
AFRC.

Photos will be emailed
within 5-7 business days.



Spangdahlem

DSN: 452-6380 / Comm: 06565-122-8042
SpangdahlemUSO@usoo.org
www.volunteers.usoo.org
www.usoo.org
USO Spangdahlem








NOVEMBER 24TH 2016

SPEND YOUR THANKSGIVING WITH THE USO! ENJOY A HOME COOKED HOLIDAY MEAL AND MOVIES!

**FOOD WILL BE SERVED AT 3PM ON THANKSGIVING DAY AT THE USO CENTER!
BUILDING 126 RM 116**



National French Toast Day

November 28, 2016

11:00 am - 1:00 pm
Building 126

Join us in celebration of National French Toast Day! We will have free breakfast for lunch in the USO Center!

Interested in volunteering for this event?
Register online: Volunteers.USO.org
or contact
MMusser@uso.org



800-452-6380 • DOWNS: 0565-324342
Spangdahlem.USObase.org

www.uso.org
USO Spangdahlem



NOVEMBER

17TH Thoughtful Thursday

17:00-19:00

Photographer's Assistant needed for our Thoughtful Thursday. This includes helping our photographer with backdrop and lighting needs.

24TH Thanksgiving Dessert Drop

We are looking for volunteers to bake desserts for our small Thanksgiving gathering in the center. Please reach out to Mimi Musser for more details.
MMusser@uso.org

28TH Breakfast for Lunch

09:00-14:00

We are going to need help for our French Toast Lunch! This will include making French toast and serving a meal for our community.

ONGOING VOLUNTEER SHIFTS

Center Representative

Weekdays

Shift 1: 16:00-19:00

Shift 2: 19:00-21:00

Weekends/Holidays

Shift 1: 13:00-16:00

Shift 2: 16:00-19:00

Shift 3: 19:00-21:00



75 YEARS

Spangdahlem

USO

Volunteer Opportunities



● **ASBP NOVEMBER BLOOD DRIVE** ●

WANTED

★ **YOUR BLOOD** ★

ASBP BLOOD DRIVE

When: Wednesday November 16, 2016

Time: 0900 – 1700

Where: The Brickhouse

WANT TO MAKE AN APPOINTMENT?

Call the Spangdahlem Red Cross office

at DSN: 452-9440 CIV 0656561-9440

**REWARD :
JUICE & COOKIES**



American
Red Cross



SUPPORTED BY THE CE SQUADRON





Jumpstart your teenager's
first business with



BABYSITTER'S TRAINING

Babysitting is often a teenager's first business. Babysitter's Training from the American Red Cross brings the best in child development and safety training. It builds confidence to hold, feed, and care for infants and toddlers, work with children safely, and deal with emergencies. Just as importantly, it teaches lifelong entrepreneurial and career development skills.

Facility Name: American Red Cross Office , Spangdahlem Air Base

Instructor: Elisabeth Enyeart & Ra'Nee Richardson

Location: Building 319, 2nd Floor

Cost: \$45/per person

Date/Time: Saturday, November 4th & 5th from 0900 to 1500

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

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



PARENTS HELPING PARENTS



Session 2
November 17, 2016
(Thursday)
5:30-7:00 p.m.
Spangdahlem MS
Library

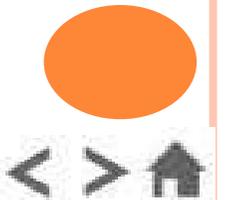
Parents Helping Parents

Does your child seem overly impulsive, inattentive or hyperactive? Does your child have difficulty following directions, controlling emotions or getting along with others? Are teachers reporting challenging behaviors at school? If so, this is the group for you. During meetings parents will have the opportunity to share their concerns, frustrations and solutions, as well as learn about available resources at school and in the community. Child care and a light dinner will be provided.

Please RSVP!

(for food & childcare purposes)

Chris Roman, School Psychologist, email:
christopher.roman@eu.dodea.edu



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

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:** 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.



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!

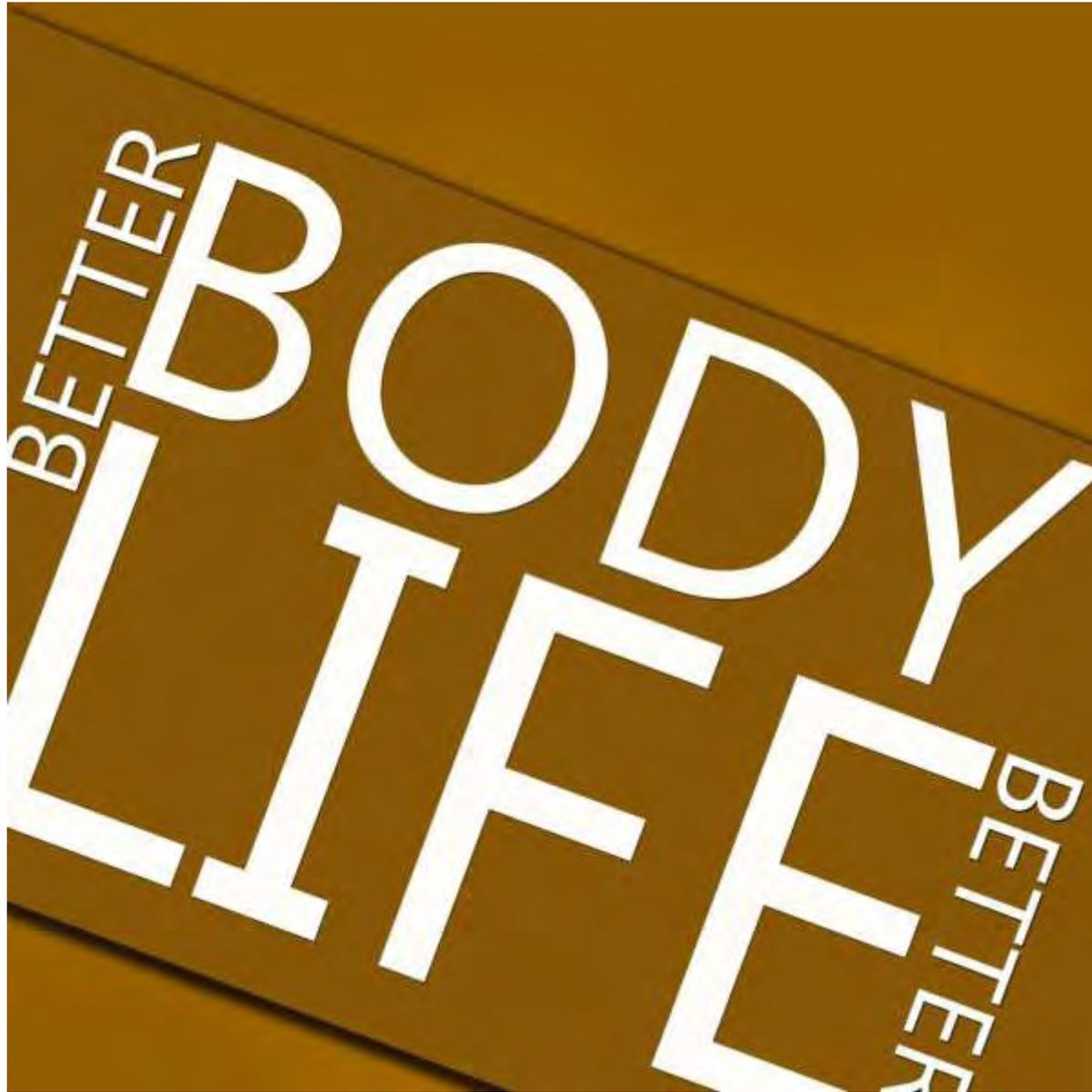
For more information, please call health promotions at 452-7385 or 06565-61-7385

Join us on
Friday, November 18
from **1130-1230**
in the
Health Promotions Kitchen in
the **fitness center, bldg 580.**

FREE cooking demo
and tasting, featuring
a guest chef.

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.



Tobacco Cessation

A close-up photograph of two hands, one from the left and one from 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





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 Enhancement Seminar

SPANGDAHLEM AB BEHAVIORAL HEALTH OPTIMIZATION PROGRAM

Evidence-Based Sleep Enhancement

Date: Every Thursday (2 session seminar, can begin on any week)

Time: 12:50-14:00

Location: Bldg 550 (Main MDG); 1st Floor Conference Room

Who can attend: All-Tricare Beneficiaries

Registration: Please check in with the Family Health Clinic when you arrive!



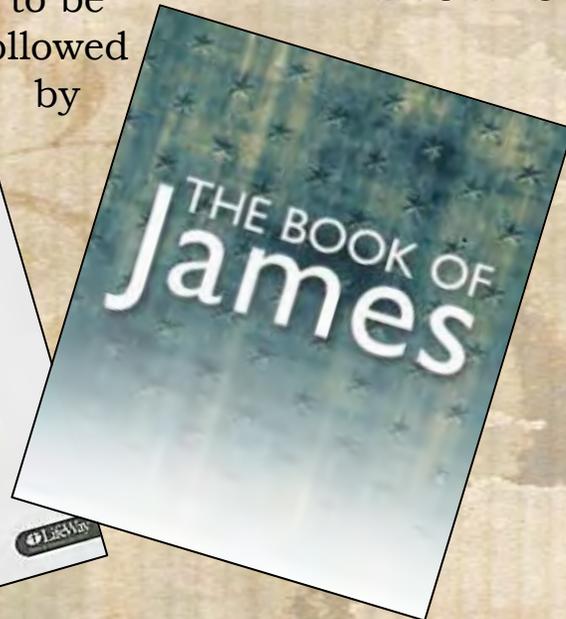
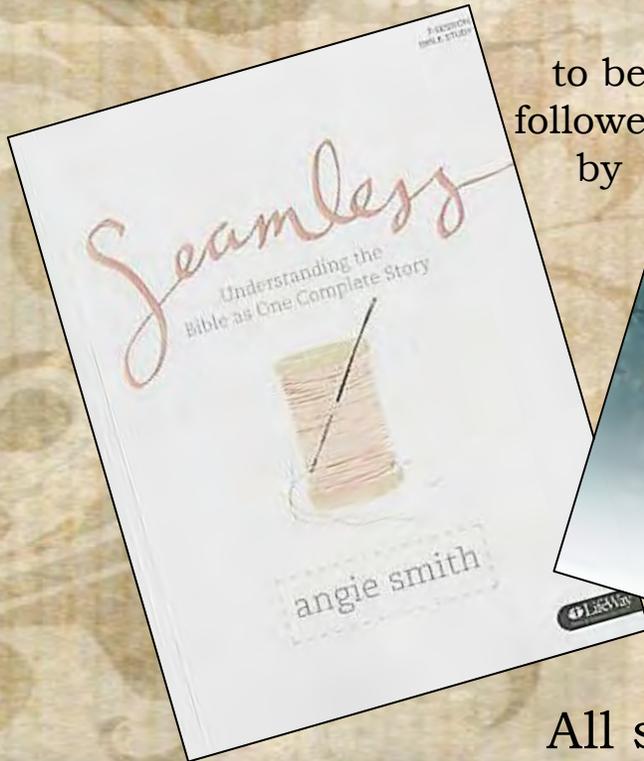


PWOC

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*.



LEAD • TEACH • DEVELOP • INVOLVE

Facebook: “Spangdahlem PWOC”

Email: spangpwoc@gmail.com



**CAMPUS
LIFE**[®]
Spangdahlem

For upcoming events, join our
Facebook page: Spangdahlem Campus Life

Tuesdays:

Middle School 15:00-16:30

High School 18:30-20:15

Formerly:



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

POC: Mark + Maddie Spencer,
CL Community Director Spangdahlem
T. 01602 554306 DSN: 452 8460
E. madelinespencer@myyfc.org





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



E-4 and Below!



Airman Ministry Center

Bldg 139, 3rd Floor

Hours of Operation

Thursdays:

7:30PM-10PM

Fridays

7PM-11PM



November Activities



9 NOV: Base-wide Free Morning Coffee

11 NOV: Call of Duty Tournament

17 NOV: Barista Training

18 NOV: Open Mic Night

23 NOV: Thanksgiving Dinner

*NEW: every Thursday is now movie night! Look for our monthly movie flyer!

Questions? Contact Alexis Pliley at: coffeemillspang@gmail.com





Family Advocacy

November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Anger Management 10:00-1200	2 Creative Critters 1000-1100	3 OB Orientation 1300-1000	4	5 Go Bowling Eifel Bowling Lanes 
6	7 Dad's: The Basics 0900-1600	8 Anger Management 1000-1200 FASES 1300-1630	9 Creative Critters 1000-1100	10	11 Veterans Day Clinic Closed	12
13 Play a board game TOGETHER 	14	15 Anger Management 1000-1200	16 Training Day Clinic Closed	17	18	19 Give Parents a Break 1300-1700
20 Bake some cookies 	21	22 Anger Management 1000-1200	23	24 	25	26 Watch a family movie together
27	28	29	30			



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

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 2nd & 4th 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 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 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



Family Advocacy Presents Anger Management “LUNCH & LEARN”

Anger Management

Anger is normal...it's how you handle it that makes the difference. Learn how to recognize & control your triggers in a variety of environments.

Dates: November 1st, 8th, 15th, and 22nd, 1000-1200

Where: Bldg. 161, 2nd Floor Conference Room

Contact: Family Advocacy
DSN 452-8279 or Civ 06565618279



DAD's the Basics

Want to learn the basics?
Prepare for fatherhood!

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

WHERE: Education Office,

Bldg. 129 RM. 214

WHEN: 0900-1600, Tuesday, 7 Nov

Call Family Advocacy Program to sign up:

06565618279 or DSN 452-8279





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: 1st & 2nd Wednesday in November; 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**



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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



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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



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KAYAKS - CANOES - LIFE JACKETS



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SKIS - SNOWBOARD - BOOTS - BINDINGS



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



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tasting
event



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DECEMBER
2nd

6:00
PM



Club Eifel

Sunday Brunch



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Non-Members: \$15.95
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6-9PM



DSN 452.4633
COMM 06565.61.4633

ITT NOVEMBER

Getaways

Polish Pottery Shopping w/1 Overnight

November 4-6

Wine Tasting @ Sebastiani's

November 5

WW2 Tour: Dresden, Weimar, Buchenwald Concentration camp w/ 2 Overnights

November 11-13

Porsche & Mercedes Museum

November 12

Cochem Medieval Dinner

November 19

Valkenburg Christmas Market

November 19

Paris, Versailles & Disneyland Paris w/ 2 Overnights

November 25-27

Strassbourg Christmas Market

November 26





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Saturday & Sunday

8am-4pm

US Holidays, Goal & Family Days

8am-4pm

BLDG 550, Med Clinic

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7:30am-1:30pm

Saturday & Sunday

Closed

US Holidays, Goal & Family Days

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COMM 06565.61.4653



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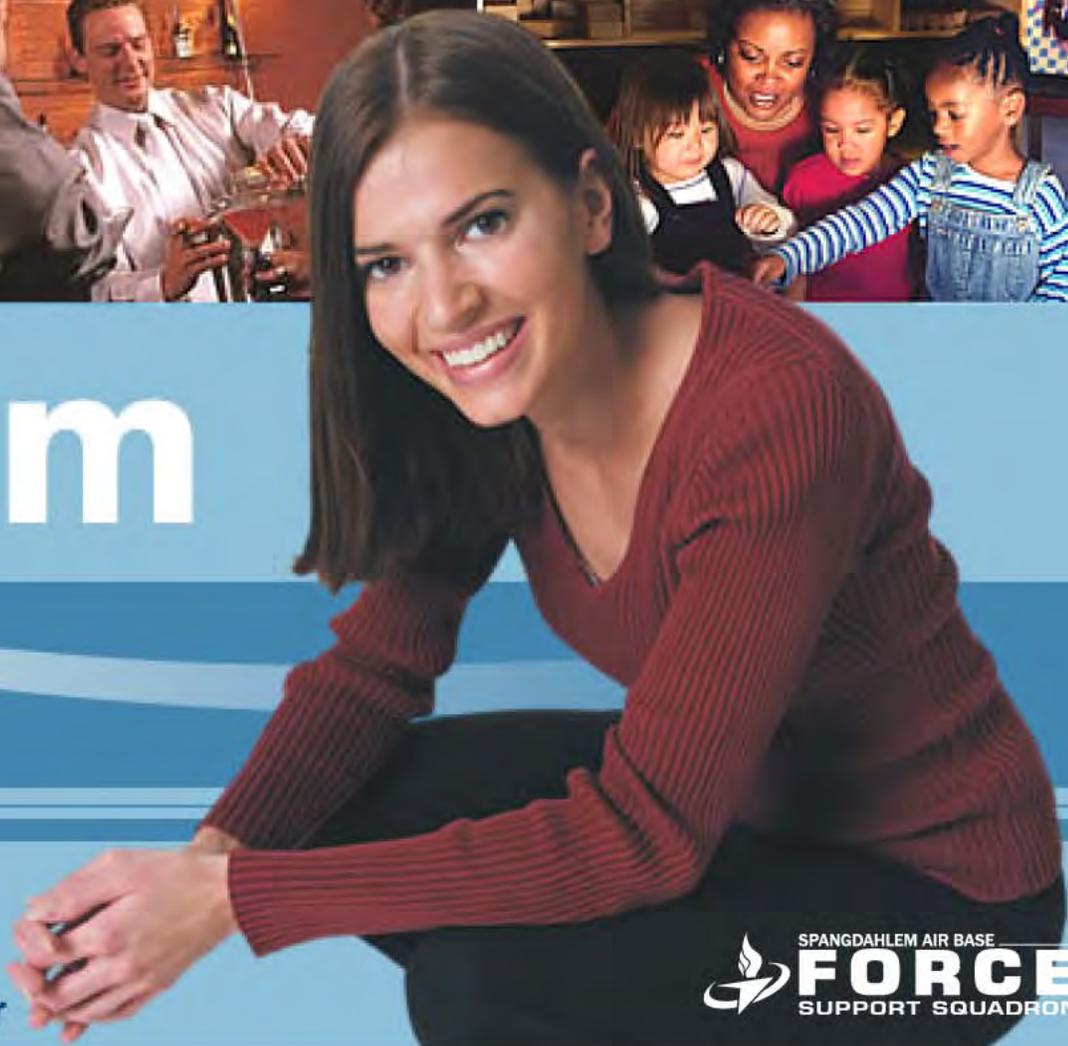


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