



[Fire Prevention Week](#)



[Breast Cancer Awareness Lunch & Learn](#)



[Powder Puff Football](#)



[Gracie Self-Defense System](#)



Open in full screen and enable features in Acrobat



[High School Homecoming](#)



[Airman Ministry Center](#)



52d Fighter Wing

Base Events

Spangdahlem Air Base, Germany

October 2016

A resource directory for Sabers and their families.



[Love and Logic Parenting with Love & Logic](#)



[JAG Newsletter](#)



[Creative Critters](#)



[Operation Winterize 2016](#)



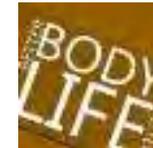
[Running Clinic](#)



[Employment in Spang](#)



[Marriage LINKS](#)



[Better Body, Better Life](#)



[Tobacco Cessation](#)



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



[CANCER SUPPORT Cancer Support](#)

Open in full screen and enable features in Acrobat





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!**





Fire Prevention Week 9-15 October 2016

Every year in October Fire Prevention Week is held to commemorate the Great Chicago Fire which occurred on October 8-9 1871. This Tragedy not only inspired the creation of new fire safety codes, but led to promoting the importance of fire safety education.

Schedule of Events:

Tuesday Oct 11th

0930-1100 CDC visit with Fire Truck
1100-1600 Information Table @ Shoppette

Oct 12th -14th

Elementary School w/ Sparky the Fire Dog

Saturday Oct 15th 1000-1500 @ BX/Commissary

German & US Fire Vehicle Displays, Sparky, Hands on Demos, Bouncy Castle & More...

POC: TSgt Christopher McLaughlin x5292



WHEN & WHERE:

**OCTOBER 15, 2016 (ADAC) ->
SHOPPETTE CAR CARE CENTER
1000-1500**

**OCTOBER 17, 2016 (WING SAFETY) ->
IN-FRONT OF AAFES EXCHANGE
1000-1600**

WHAT:

**WINTER SAFETY KNOWLEDGE, JUMP
HOUSE, PRIZES, AND A WHOLE LOT
MORE.**

WHO:

**ALL BASE PERSONNEL AND FAMILY
MEMBERS**

OPERATION WINTERIZE 2016





Homecoming 2016

All community members are invited to Bitburg High School's 60th Homecoming on Friday, October 14th!

1600 Homecoming Parade through housing area, concluding at the pep rally site

1700 Homecoming Pep Rally, with welcome speech by Col. McFall

1800 Homecoming Festival (food, games, free bouncy house, chili cook off, and much, much more!)

1900 Lighting of the traditional Homecoming Bonfire

The festival and pep rally site is across the street from the SAP and SES.

Please park at the BX!

*Contact Student Council Sponsor Amy Allen for more information or to find out how to get involved!
Amy.Allen@eu.dodea.edu*

2016

2016





So you think your chili is hot stuff?



Prove it!

At the **Bitburg High School**
Fall Homecoming Festival
Chili Cook-Off

Friday, October 14, 2016
1700-1900
Spangdahlem AFB

Prizes!



No cost to enter.
Must bring one large crockpot of chili and
an extension cord.
All proceeds go to supporting our AVID program.
Contact Jessica Yucel for additional information.
jessica.yucel@eu.dodea.edu



Bitburg High School

Homecoming 2016



Bitburg High School is looking for community members and groups who would like to participate in our 2016 Homecoming parade and pep rally on October 14th!

We are looking for groups to fundraise, do outreach, or just give back to our wonderful community by doing something fun, like free face painting or a running a game for children.

Food trucks/trailers/booths are welcome!

We would also like to invite our community groups who would like to march in the parade with us to come forward and be added to our already awesome line up!

Student groups or groups comprised of children will require an adult sponsor to walk with them.

Please contact Amy Allen at Amy.Allen@en.dodea.edu to get involved!



Homecoming 2016

Parking & Bathrooms

***Participants and attendees are asked to park at the BX.**

We must keep the CDC parking open for parents to do pick ups!

***Bathrooms will be available at SES.**



FEATURING ALL THE WINE,
CHEESE, UNIQUE GIFTS,
Great Prizes &
ENTERTAINMENT YOU LOVE!

52D FORCE SUPPORT SQUADRON

EIFEL HOLIDAY BAZAAR

SPANGDAHLEM AB | OCTOBER 21-23 | HANGARS 1 & 2

FRIDAY: NOON - 7PM | SATURDAY: 10AM - 7PM

SATURDAY: 12PM - 5PM | SUNDAY: 10AM - 4PM

SANTA ARRIVES
FRIDAY AT 3:30PM!

Thank you for your support!
ALL EVENT PROCEEDS GO BACK INTO
OUR COMMUNITY!



OPEN TO ALL US & NATO FORCES ID CARD HOLDERS.
STROLLERS ARE PERMITTED.
US DOLLARS ONLY. VISA & MASTERCARD ACCEPTED.
NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED



SPANGDAHLEM LEGAL OFFICE NEWSLETTER

Off-duty Employment



Political Activities 101

Winter Tires

Ask a JAG: Appointments

[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





3 DOORS DOWN

SUNDAY, OCTOBER 16, 2016

DOORS OPEN AT 5PM • SHOW STARTS AT 6PM

HANGAR I

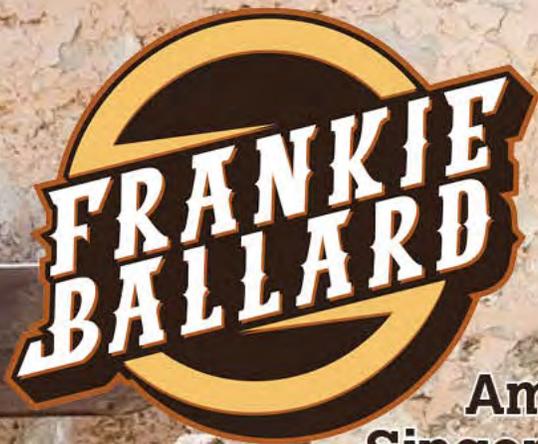


**ARMED
FORCES
ENTERTAINMENT®**

No official endorsement intended



No Federal Endorsement of Sponsor intended.

A circular logo with a black and gold border. The name "FRANKIE BALLARD" is written in a stylized, bold, white font with black outlines, slanted upwards from left to right.

**FRANKIE
BALLARD**

**American Country Music
Singer-Songwriter and Guitarist**



ADMISSION IS FREE

TUESDAY, OCTOBER 18, 2016

DOORS OPEN AT 6PM • SHOW STARTS AT 7PM

CLUB EIFEL



**ARMED
FORCES
ENTERTAINMENT**

DJ CHANEY
presents...



the BRICK HOUSE

DRINK SPECIALS ALL NIGHT
COSTUMES WELCOME!





Spangdahlem

Please join us for

Tacos and Tuxedos

Tuesday
October 4, 2016
5pm-7pm

Spangdahlem USO Center
Building 126 Rm 116

Enjoy a free dinner and a free
showing of Corpse Bride in
our movie room!

Interested in volunteering for this event? Please register:
Volunteers.USO.org
or reach out to
Mimi Musser at MMusser@uso.org

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



75 YEARS



Spangdahlem

Drop by and join us for lunch!

When:
Wednesday October 12th 2016
11:00 am - 1:00 pm

Where:
Spangdahlem USO Center
Building 126 Rm 116

Join us for a free showing of
"The Nightmare Before
Christmas" and a free pasta
lunch at the USO Center.

Interested in Volunteering for this Event?
Go to Volunteers.USO.org and
register or contact our Volunteer
Coordinator: Mimi Musser at
MMusser@uso.org

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





75 YEARS



Spangdahlem

Freaky Fridays

10am-12pm

Join us at the Spangdahlem USO Center on Friday Mornings! We will be playing a family friendly Halloween themed movie in our movie room starting October 7th and ending October 28. Spangdahlem USO Center Building 126 Rm 116

All minors attending must be accompanied by a parent or guardian at all times.

October 7

ParaNorman (PG)

October 21

Hotel Transylvania 2 (PG)

October 14

Hotel Transylvania (PG)

October 28

Hocus Pocus (PG)

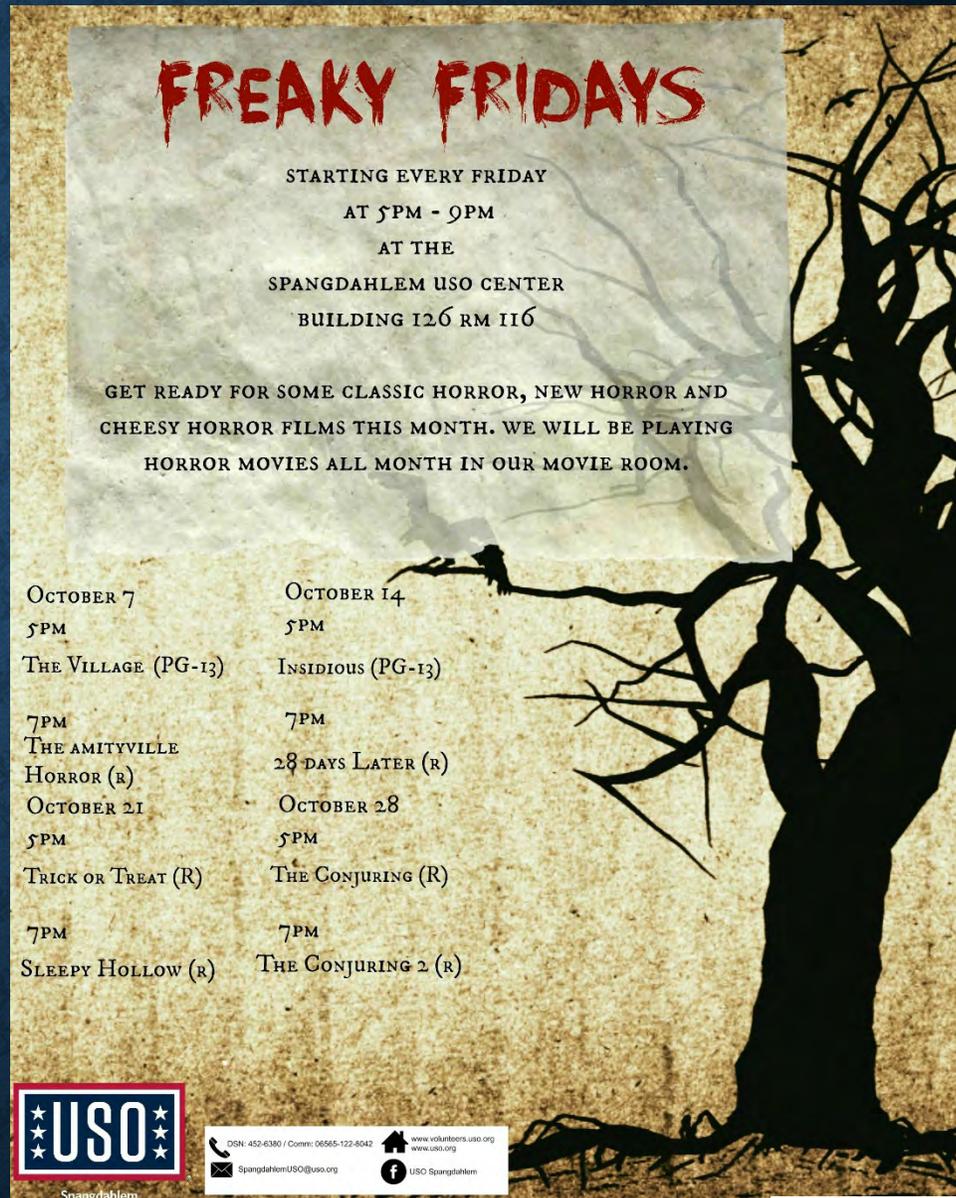


DSN: 452-6380 / Comm: 06565-122-8042

www.volunteers.uso.org
www.uso.org

SpangdahlemUSO@uso.org

USO Spangdahlem



FREAKY FRIDAYS

STARTING EVERY FRIDAY

AT 5PM - 9PM

AT THE

SPANGDAHLEM USO CENTER

BUILDING 126 RM 116

GET READY FOR SOME CLASSIC HORROR, NEW HORROR AND CHEESY HORROR FILMS THIS MONTH. WE WILL BE PLAYING HORROR MOVIES ALL MONTH IN OUR MOVIE ROOM.

OCTOBER 7

5PM

THE VILLAGE (PG-13)

7PM

THE AMITYVILLE

HORROR (R)

OCTOBER 21

5PM

TRICK OR TREAT (R)

7PM

SLEEPY HOLLOW (R)

OCTOBER 14

5PM

INSIDIOUS (PG-13)

7PM

28 DAYS LATER (R)

OCTOBER 28

5PM

THE CONJURING (R)

7PM

THE CONJURING 2 (R)



Spangdahlem

DSN: 452-6380 / Comm: 06565-122-8042

SpangdahlemUSO@uso.org

www.volunteers.uso.org
www.uso.org

USO Spangdahlem





Spangdahlem

Thoughtful Thursday

IN HONOR OF
NATIONAL GET SMART ABOUT YOUR CREDIT DAY

WE WILL HAVE A FREE CLASS FOR
THOUGHTFUL THURSDAY ON CREDIT

OCTOBER 20TH 2016
11:00 AM - 1:00 PM
SPANGDAHLEM USO CENTER
BUILDING 126 RM 116

JOIN US FOR SOME STARBUCKS COFFEE,
COOKIES AND A CHAT ABOUT CREDIT WITH
OUR FRIENDS FROM THE AFRC.



75 YEARS

FAMILY FRIGHT NIGHT

EAT, DRINK & BE SCARY CLUB EIFEL 6-9PM

FRIDAY NIGHT
OCTOBER 28



CAKE DECORATING

Go to 52fss.com for rules and registration. Just click on the spiderweb!

TRUNK OR TREAT

If you would like to enter a car, contact Nicole Flohr at nicole.flohr.de@us.af.mil. Go to 52fss.com for rules and registration form.

SUPERHERO FACEBOOK PHOTOBOOTH COSTUME CONTEST

MOST LIKES

WINS \$300

ESCAPE ROOM AND
SELFIE SCAVENGER HUNT
CAROUSEL RIDES
HAY RIDES
and MORE!





Spangdahlem

Our Mission

The USO's mission is to strengthen America's military service members by keeping them connected to family, home and country throughout their service to the nation

How you can help

- USO Center Support
- Event Support
- Marketing and PR
- Dorm Support
- Deployment Support
- Volunteer Outreach
- Event Planning
- Leadership roles on the Volunteer Committee
- Passenger Terminal Support

Sign up

Interested in being a volunteer?
Please go to

Volunteers.USO.org

or contact our Volunteer Coordinator:
Mimi Musser
mmusser@uso.org

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

 [USO Spangdahlem](#)



75 YEARS

Spangdahlem USO

Volunteer Opportunities





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



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



CAREER TECHNICAL TRAINING TRACK

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

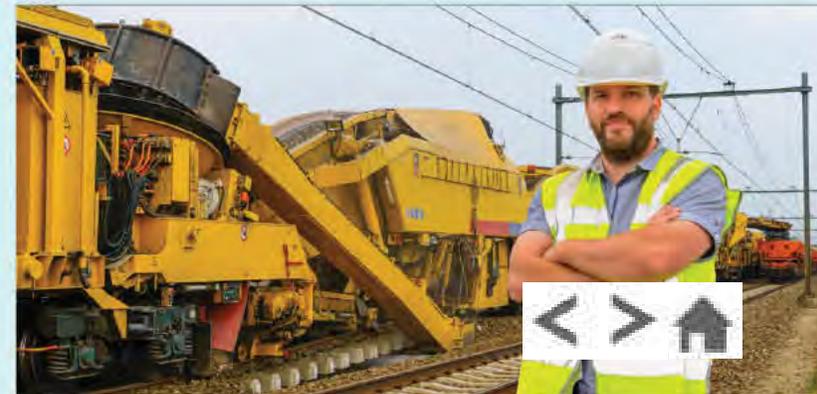
During this two-day workshop, you will learn about civilian careers requiring a license or certification, vocational schools, financial aid, VA benefits, apprenticeships, and more! Workshop will be held at the base Education Center.

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

Presented by Spangdahlem's VA Benefit Advisors

Contact the Airman & Family Readiness Center to Sign Up!

DSN: 452-6422 • COMM: 06565-61-6422 • 52FSS.FSFR.AirmanandFamily@us.af.mil



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.



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



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



BREAST CANCER AWARENESS

LUNCH & LEARN WITH COOKING DEMO

WEDNESDAY OCTOBER 26 | 11:30AM-12:30PM
BLDG 580 HEALTH PROMOTIONS CONFERENCE ROOM

*LEARN ABOUT CANCER TREATMENT-FRIENDLY RECIPES.
HOSTED BY EFMP AND HEALTH PROMOTIONS.*

*RSVP REQUIRED
PLEASE CONTACT EMILY POSADAS
AT: EMILY.POSADAS.2@US.AF.MIL
OR 452-7728

*25 SPOTS AVAILABLE



Airman & Family Readiness
DSN 452.6422
COMM 06565.81.6422



powder Puff Football

Spangdahlem Air Base's 2nd Annual

*Powder Puff Football
Tournament
15-16 Oct 2016*



Breast Cancer Awareness

\$ 150 Donation per Team
Minimum 11 players, max 15
2 Round Robins, Double Elimination
2-20 min halves/5 min Intermission/Running Clock last 2 mins
Max 10 teams (1st to sign up enters the tournament)
Open to all military and civilians ages 18 and older

All proceeds go to **CFC** in support of **Breast Cancer**

Awareness



Sign-Up Details and Questions Email:
52FW.Spang.PowderPuff@us.af.mil





Join The 5K Triple Ribbon Awareness Fun Run & Drug Take Back Day!

In Support of:
Breast Cancer Awareness Month
Domestic Violence Awareness Month
Rx Drug Abuse Awareness Month

When: Friday, 7 October at 1530

Where: Runners meet in the lobby of the Eifel Powerhaus Fitness Center. Bring old and unwanted medications for disposal. No questions asked!

Route: 5k route from the Fitness Center, through housing and back

POC: Mrs. Emily Posadas 452-7385 or 452-8158 for Drug Take Back info



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, October 21
from 1130-1230

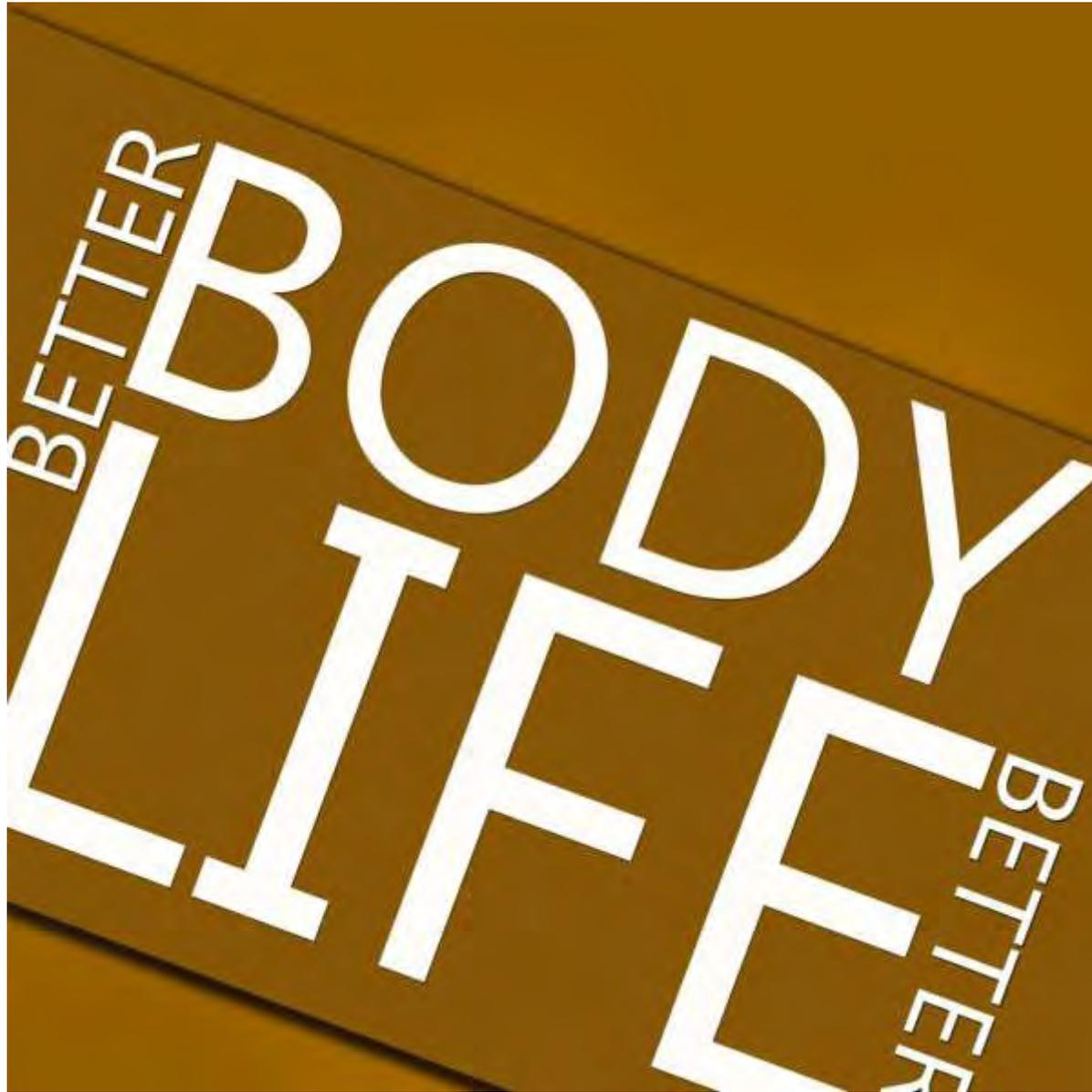
in the

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

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

One-on-one or small group appointments

Call for appointment

Location: Health Promotions Office

Emily Posadas, 452-7385,

emily.posadas.2@us.af.mil



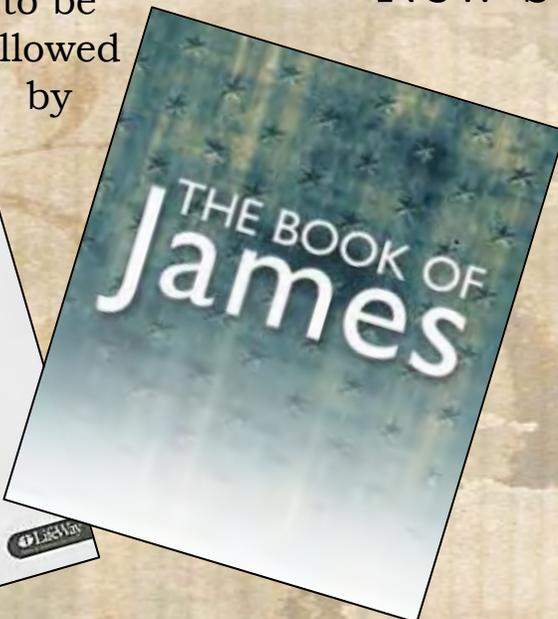
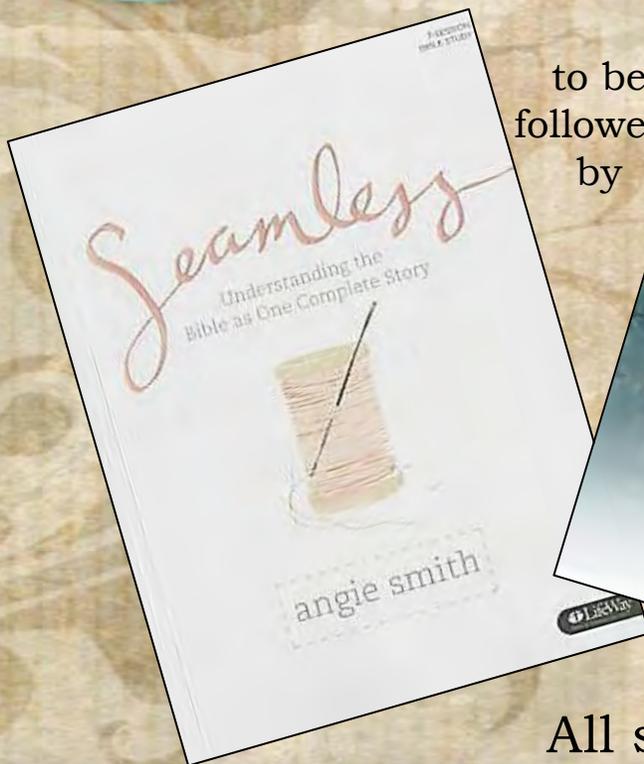


PWOC

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



October Activities:

1 OCT: Burg Eltz Day Trip

2 OCT: Sunday Night Football

9 OCT: Disneyland Paris Day Trip

13 OCT: Barista Training

21 OCT: Ping Pong Tournament

28 OCT: Halloween Bash

For questions contact Alexis Pliley at: coffeemillspang@gmail.com



Coffee Mill

Airman Ministry Center

Burg Eltz



October 1st, 1030-1600 hrs

Meet: 1015 at the basketball courts behind chapel

Fee: 5 Euro

Sign up or questions: coffeemillspang@gmail.com or stop by the Coffee Mill



Sunday, October 2nd,
at 6pm

Wings!

Pizza!

Dessert!



Join us for
wings, pizza
and
football!



Disneyland Paris Day Trip

- E-4 and Below & Spouses
- October 9th, 0600-2400
- FREE
- Limited Spots Available
- First Come First Serve
- Sign-ups at the Coffee Mill on
October 2nd, starting at 1800.



BARISTA TRAINING

VOLUNTEER OPPORTUNITY

WHEN: THURSDAY, OCTOBER
13, FROM 1930-2030

WHERE: THE COFFEE MILL, BLDG.
139, 3RD FLOOR

POC: ALEXIS PLILEY,
COFFEEMILLSPANG@GMAIL.COM



Ping Pong

Tournament October 2016

Friday, October 21st
Starts at 7PM

at

The Coffee Mill
3rd Floor Bldg 139

POC: Alexis Pliley
coffeemillspang@gmail.com
452-5343



Airman Ministry Center



HALLOWEEN BASH

WHEN? FRIDAY, OCTOBER 28TH,
STARTING AT 7PM

WHERE? THE COFFEE MILL, BUILDING
139, TOP FLOOR

FEE? FREE

JOIN US FOR PUMPKIN CARVING,
DESSERT BAR, HORROR FILMS, BINGO,
AND KARAOKE. COME DRESSED IN
COSTUME TO ENTER INTO CONTESTS!
CELEBRATE THIS SPOOKY SEASON
WITH US!



Airman Ministry Center





EFMP Adult Event Zip Lining @ Eifel Adventures Berlingen

15 October

2pm

Only 10 spots
available!

Call the Airman &
Family Readiness
Center to RSVP:

452-6422

06565-61-6422

Occurring the same day as GPAB



EFMP 101

Come & learn what enrollment in the Exceptional Family Member Program *really* means & what tools & resources are available to you!



Friday 28 October 11am-12pm
Phantom Conference Room
(Located behind Kuhl Beanz)





Family Advocacy

October 2016



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|-----|--|
| <p>October is Domestic Violence Awareness Month</p> <p>If you suspect that someone you know is being abused, speak up! If you're hesitating—telling yourself that it's none of your business, you might be wrong, or they might not want to talk about it—keep in mind that expressing your concern will let the person know that you care and may even save their life.</p> | | | | | | <p>1 Have a FAMILY dance party</p>  |
| 2 | <p>3 Caring for Children through Divorce 1100</p> | <p>4 Parenting with Love and Logic 1100-1300</p> | 5 | <p>6 Marriage Links 1100-1300</p> | 7 | <p>8 Write a note to a friend or FAMILY member</p> |
| 9 | <p>10 CLINIC CLOSED: COLUMBUS DAY</p> | <p>11 Parenting with Love and Logic 1100-1300</p> | <p>12 Creative Critters 1000-1100</p> | <p>13 Marriage Links 1100-1300</p> | 14 | <p>15 Give Parents a Break 1300-1700</p> |
| 16 | 17 | <p>18 Parenting with Love and Logic 1100-1300</p> | <p>19 Training Day Clinic Closed</p> | <p>20 Marriage Links 1100-1300</p> | 21 | <p>22 Play hide and seek</p>  |
| 23/30 | <p>24</p>  <p>31</p> | <p>25 Parenting with Love and Logic 1100-1300</p> | <p>26 Creative Critters 1000-1100</p> | <p>27 Marriage Links 1100-1300</p> | 28 | 29 |

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



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: October 3, 2016

TIME: 1100

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





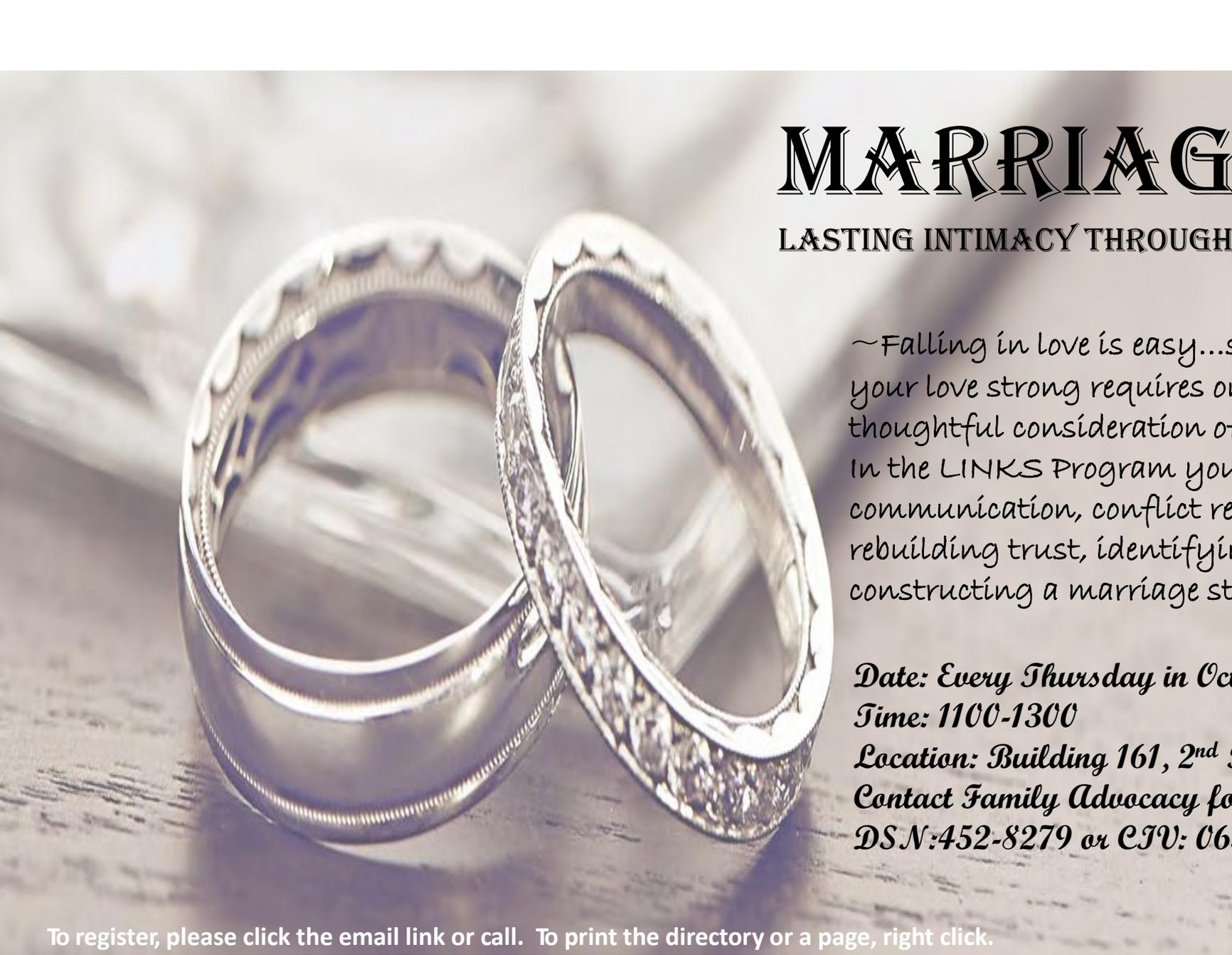
Parenting with Love and Logic

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.

Date: October 4th, 11th, 18th & 25th 1100-1300

Where: Bldg. 161, 2nd Floor Conference Room





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 Thursday in October, starting the 6th

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.





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

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



GIVE PARENTS A BREAK

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

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

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

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

Q: Who is eligible?

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

Q: Where can I obtain a certificate?

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

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

GPAB DATES FOR 2016

SATURDAY 16 APR (1-5PM)

SATURDAY 11 JUN (1-5PM)

SATURDAY 16 JUL (1-5PM)

SATURDAY 13 AUG (1-5PM)

SATURDAY 10 SEP (6-11PM)

SATURDAY 15 OCT (1-5PM)

SATURDAY 19 NOV (1-5PM)

SATURDAY 10 DEC (6-10PM)

Reserve your spot by the Wednesday before by Noon.

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

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



Cancer Support Group

Cancer Support Group

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



A PROJECT OF THE INTEGRATED DELIVERY SYSTEM

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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SABER SPORTS LOUNGE

6-9PM



Club Eifel
DSN 452.4633
COMM 06565.61.4633

ITT OCTOBER

Getaways

Cannstatter Volksfestival

October 1 - One of the biggest funfairs in Europe!

Paris Express

October 1 - If you haven't seen it yet, it's about time!

Lake Garda, Italy

October 8-10 - 3 days in Italy, with a city tour to Verona!

Nutmarket in Vianden

October 9 - Visit the famous Nutmarket and the Castle of Vianden!

Vineyard Tour & Cochem Medieval Dinner

October 15 - Vineyard tour, wine tasting and Medieval Dinner!

Pumpkin & Halloween for Families

October 22 - Pumpkin carving and a Halloween party!

Black Forest Day Tour

October 22 - With city tour of Baden-Baden, Cuckoo Clock Shop and Waterfalls in Triberg

Pumpkin Festival Ludwigsburg

October 29 - 150 tons of 500 different species - 400,00 pumpkins!

Halloween Horrorfest @ Movie Park

October 29 - Enjoy the day at the amusement park!



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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6am-6pm

Saturday & Sunday

8am-4pm

US Holidays, Goal & Family Days

8am-4pm

BLDG 550, Med Clinic

Monday-Friday

7:30am-1:30pm

Saturday & Sunday

Closed

US Holidays, Goal & Family Days

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COMM 06565.61.4653



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BUILDING 440

DSN: 452-5004

Comm: 0656561-5004

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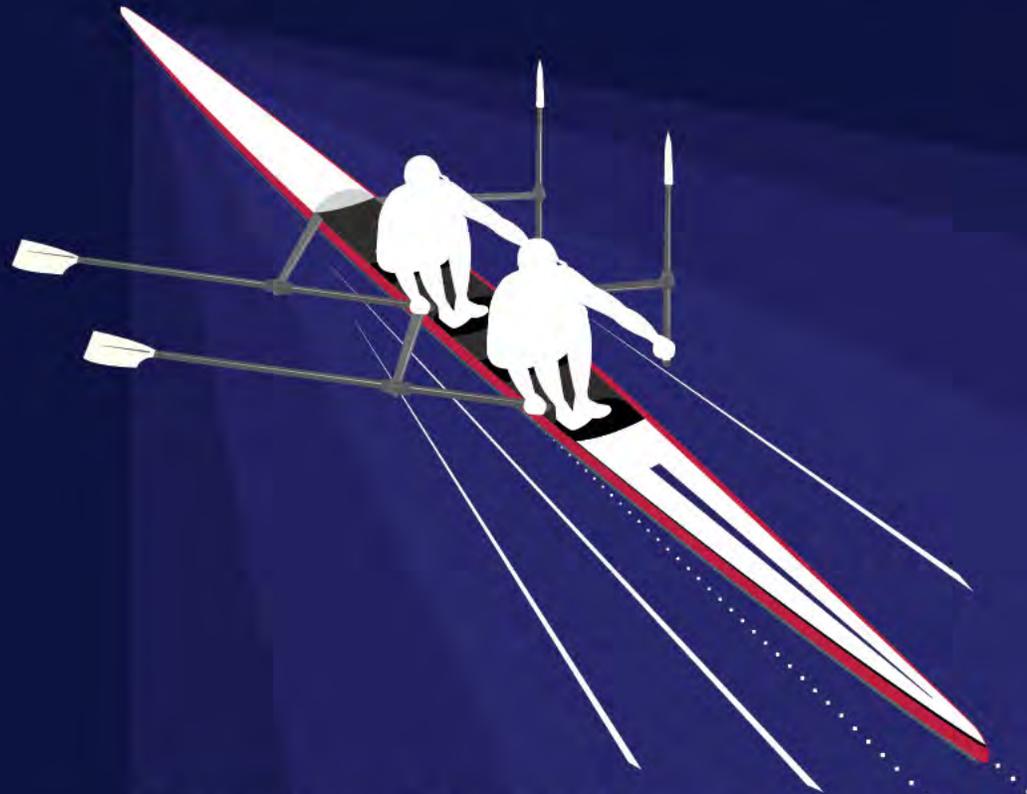
THE WALL OF FITNESS IS AN INCENTIVE PROGRAM BASED ON STRENGTH. MEMBERS WILL TRY TO BENCH PRESS, SQUAT, OR DEAD LIFT WEIGHT, BASED ON THEIR BODY WEIGHT, TO GET THEIR PICTURES POSTED ON THE “WALL OF FITNESS”. THEY CAN LIFT IN ANY CATEGORY OR ALL CATEGORIES. HOWEVER, IN ORDER TO BE ON THE “WALL OF FITNESS”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

OCT. 1, 2015 - SEPT. 15, 2016

FREE TO PARTICIPATE

ROW *the* RHINE

October 1, 2015 - September 15, 2016



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



Race Berlin

your way to

for a total of 714 km

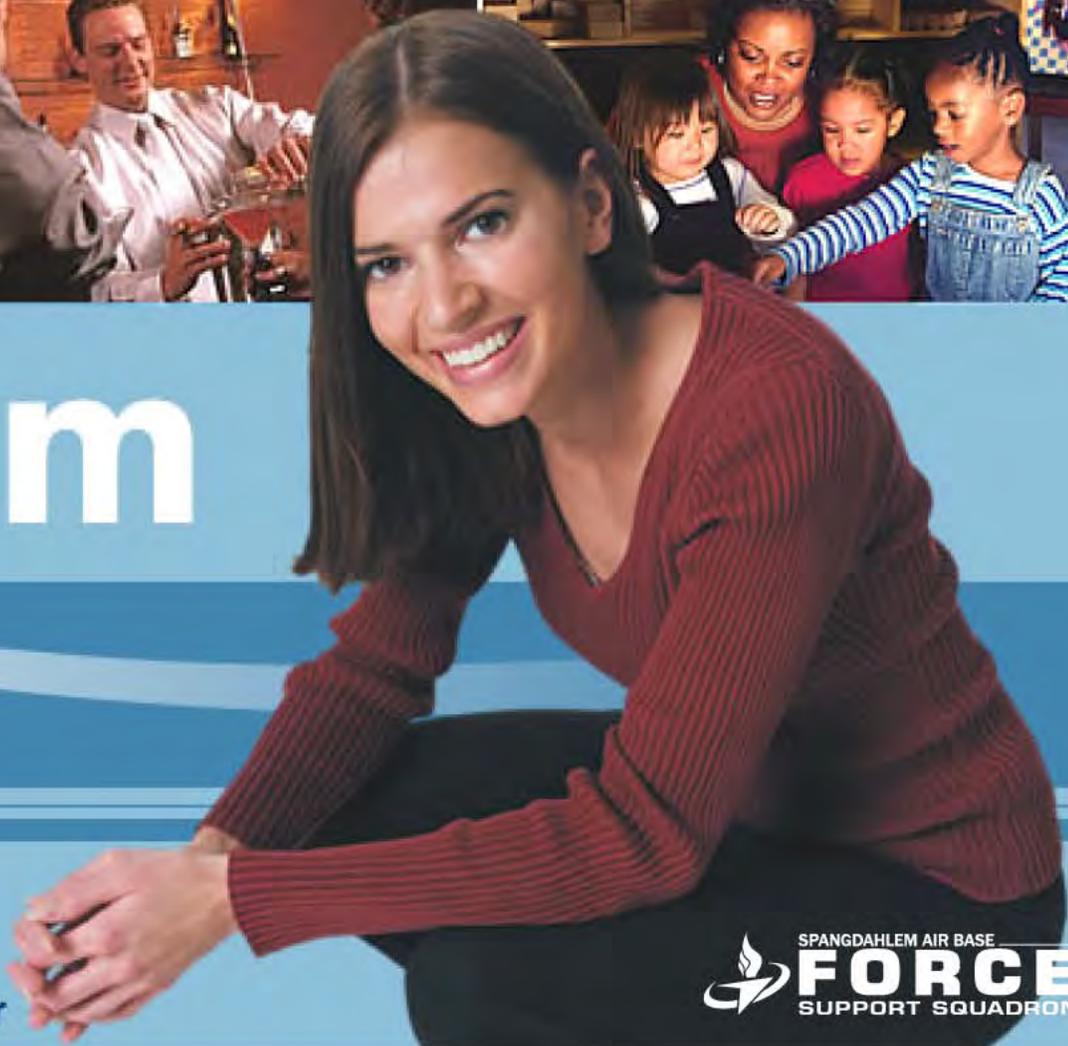
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