

# Tri Border Community Calendar

## November 2016

*Dates and times subject to change — please check ahead of time.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JFC Play Group</b> Every Thu 1000-1130 @ JFC West Chapel		1 NATO HOLIDAY ACS 10,000 Steps Club 0930 ACS Emotional Regulation Lunch & Learn 1200-1300	2 A&FRC CC Intro/Medical Right Start 0815-1600 ACS Financial Education 101 VTC 1100-1200	3 ACS Interview Preparedness VTC 1000-1300	4 GK Front Gate Walking Tour 0800-1200 JFC Brunssum Bldg 405 The Brothers Grimm Spectaculathon 1900	5 JFC Brunssum Bldg 405 The Brothers Grimm Spectaculathon 1200
	7 ACS Meditation Monday 1200 A&FRC Pre-Separation Counseling 1300-1600	8 ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130 A&FRC Smooth Move 1230-1530	9	10 A&FRC Holiday Tip\$ 0900-0930 & 1500-1530	11 JFC Brunssum Bldg 405 The Brothers Grimm Spectaculathon 1900	10 JFC Brunssum Bldg 405 The Brothers Grimm Spectaculathon 1200
 U.S. Department of Veterans Affairs  <b>VA Representative</b> GK A&FRC 2, 14 & 29 Nov Call for appointment.	14 ACS Meditation Monday 1200	15 AFNORTH Early Dismissal ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130 ACS Emotional Regulation Lunch & Learn 1200-1300 Schinnen Family Day	16 AFNORTH Early Dismissal	17 AFNORTH Early Dismissal  ACS Host Nation Newcomers Tour Nov 17-18 0845-1530	18 AFNORTH No School A&FRC Sit & Stitch 1430-1630	19 Schinnen MWR Trip Paris Express
		A&FRC TAP	Nov 14-18	0830-1630		
<b>GK West Gate Hours</b>  0530—0830 1100—1200 1400—1900  Closed weekends and holidays	21 ACS Meditation Monday 1200 Labor & Birth Class 0930-1230 @AFRC Breastfeeding Basics 1330-1500 @AFRC	22 ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130 ACS Positive Parenting 1000-1200	23	24	25	<b>GK Mama Hawcs</b> Mon-Wed-Fri 0900-1100 @ MPR
	28 ACS Meditation Monday 1200	29 ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130 A&FRC Resume Basics/Social Media & Your Job Search 1430-1530/1530-1630 ACS Positive Parenting 1000-1200	30			



**LOCATION KEY**  
**Geilenkirchen NATO AB**  
**USAG Schinnen**  
**JFC Brunssum**  
**AFNORTH**  
**Other**

GK A&FRC +49-2451-63-3791  
 GK CDC +49-2451-63-2216  
 IYA +49-2451-63-4954/4955  
 Schinnen ACS +31-46-443-7500  
 Schinnen Trips and Tours +31-46-443-7560  
 AFNorth +31-45-527-8260/8251

JFC Brunssum Arts & Crafts +31-45-526-3821  
 JFC Brunssum Teen Center +31-45-526-3033  
 JFC Brunssum Chapel +31-45-526-2940  
 JFC Brunssum CDC +31-45-526-2575/3004  
 JFC Brunssum Library +31-45-526-2669



# Tri Border Community Calendar

## December 2016

*Dates and times subject to change — please check ahead of time.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>GK West Gate Hours</b> 0530—0830 1100—1200 1400—1900  Closed weekends and holidays				1 ACS Career Planning & Effective Job Hunting VTC 1000-1130	2	1
	5 ACS Meditation Monday 1200	6 ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130 ACS Emotional Regulation Lunch & Learn 1200-1300	7 A&FRC CC Intro/Medical Right Start 0815-1600	8 ACS Resume Preparedness 1000-1130	9 GK Front Gate Walking Tour 0800-1200	10
11	12 ACS Meditation Monday 1200 A&FRC Pre-Separation Counseling 1300-1600	13 ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130 ACS Navigating the Holidays 1000-1300 A&FRC Smooth Move 1230-1530	14 AFNORTH Early Dismissal ACS Investment Basics 1100-1200	15 AFNORTH Early Dismissal A&FRC Know and Grow Your Credit Score 0900-0930 & 1500-1530  ACS Host Nation Newcomers Tour Dec 15-16 0845-1530	16 AFNORTH No School	<b>JFC Play Group</b> Every Thu 1000-1130 @ JFC West Chapel
28	19 ACS Meditation Monday 1200	20 ACS 10,000 Steps Club 0930 Chapel Annex Spouse Connection 1000-1130	21	22	23 A&FRC Single Parent Network 1430-1600	
<b>GK Mama Hawcs</b> Mon-Wed-Fri 0900-1100 @ MPR	26 NATO HOLIDAY	27	28	29	30	31
	AFNORTH No School	Winter Break	Dec 23-Jan 6			



**LOCATION KEY**  
**Geilenkirchen NATO AB**  
**USAG Schinnen**  
**JFC Brunssum**  
**AFNorth**  
**Other**

GK A&FRC +49-2451-63-3791  
 GK CDC +49-2451-63-2216  
 IYA +49-2451-63-4954/4955  
 Schinnen ACS +31-46-443-7500  
 Schinnen Trips and Tours +31-46-443-7560

JFC Brunssum Arts & Crafts +31-45-526-3821  
 JFC Brunssum Teen Center +31-45-526-3033  
 JFC Brunssum Chapel +31-45-526-2940  
 JFC Brunssum CDC +31-45-526-2575/3004  
 JFC Brunssum Library +31-45-526-2669





## Tri-Border Happenings Email List

If you'd like to know more about what's happening in the Tri-Border area, please sign up for our mailing list.

You will receive emails related to the areas you've told us you're interested in, such as employment, transition, events, finance, etc. The list is managed by the Geilenkirchen Airman & Family Readiness Center, and may also include information from other resources including Schinnen Army Community Service, AFNorth Schools, etc..

Your email address will not be shared with anyone else, and you can edit your interests and information or unsubscribe at any time. For more info, follow the link below or contact the A&FRC at +49-(0)2451-63-3791.

Be the first to know what's happening in the Tri-Border area! Sign up online to receive info on topics including base and local events, relocation, employment, and more.

<http://eepurl.com/bsMzKv>



# Holiday Mailing Dates

Service	Dates
Space Available Mail (SAM)/USPS Retail Ground	25 November 2016
First Class/Priority Mail	9 December 2016
Priority Mail Express Military Service	16 December 2016



# ACS EMPLOYMENT READINESS

How to Capitalize on Someone else's Playbook:

## Interview Preparedness



November 3, 2016  
February 2, 2017  
May 4, 2017  
August 3, 2017

10:00AM-11:30AM

@ S.H.A.P.E. Army Community Service  
BLDG 318, 2ND FL Conference RM

*This training can also be brought to your units- ask for more information!*

**\*\*REGISTRATION IS REQUIRED\*\***



## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 DSN: 366-6824  
BRUSSELS CIV: 02.717.9783 DSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 DSN: 360-7500



ChievresFMWR  
BrusselsMWR  
SchinnenMWR



Army Community Service  
provides accessible access to  
individuals with special needs.



[flickr.com/beneluxfmwr](http://flickr.com/beneluxfmwr)

[www.benelux.armymwr.com](http://www.benelux.armymwr.com)



FOR SOLDIERS

FOR FAMILIES

FOR RETIREEES

FOR CIVILIANS

Navy Entertainment & Armed Forces Entertainment

present

THE ORIGINAL

# HARLEM GLOBETROTTERS®

\* FREE \*  
TICKETS



Tuesday, 8 November

1830 Doors open

1930 Showtime

Sporthal Varenbeuk

Hei-Carsborgweg 19

6414 NL Heerlen

Ticket Locations "Available 31 Oct; limit 4 tickets per family"

JFC: FSMW Bldg. 401 Rm 2.30 (SFC Whitson) 045 526 2626

Schinnen: Fitness Center 046 443 7561

GK: MWR Bldg. 80 (Capt Sutton) +49 2451 634 900

**NAVY**  
ENTERTAINMENT

**ARMED**  
**FORCES**  
ENTERTAINMENT.

**CNIC**  
• FLEET • FIGHTER • FAMILY

# Holiday Tip\$

Keeping your finances under control  
during the holiday season



10 November, 9am and 3pm

A&FRC Classroom

Call +49-2451-63-3791 or DSN 458-6013 or email  
470abs.dpf2@us.af.mil to reserve your seat



GEILENKIRCHEN EDUCATION CENTER



# AMERICAN EDUCATION WEEK

November 14-18, 2016

**MONDAY, 14 Nov - E-3A Eye on Education Newsletter**

Check your email for the latest copy of our newsletter, featuring up-to-date education information and resources.

**TUESDAY, 15 Nov - Trivia Tuesday**

Visit the Education Center in Bldg 89 to answer trivia questions. Raffle tickets awarded for correct answers.

**WEDNESDAY, 16 Nov - Chili Cook-off & Meet the New ESO**

Enjoy various chilis from 1100 to 1300 in the PME Room (Bldg 89) and vote for your favorite! Welcome the new Education Services Officer to Geilenkirchen.

**THURSDAY, 17 Nov - Test-A-Thon**

Take that CLEP or DSST test you have been studying for during this all-day Test-A-Thon! Walk-in to test from 0900 to 2100 in Bldg 104 (located behind Ed Center). No appointment needed!

**FRIDAY, 18 Nov - Raffle**

Participate in any American Education Week event or visit an Education Center representative any time during the week to be entered in our raffle! Winner announced on Friday and will be notified via email.

GK EDUCATION CENTER - 470ABS.DPE.EDUCATION@US.AF.MIL  
DSN 458-6092 - CIV +49 (0) 2451 63 2244



# Tri- Border Sit & Stitch

Do you like  
to knit,  
crochet,  
stitch, or  
spin?

Want to learn?  
We have yarn  
and supplies!



Kids  
welcome!



Expert or  
beginner,  
drop in and  
spend some  
time with us!

Friday Oct 14 & Nov 18, 2:30pm – 4:30pm

GK Airman & Family Readiness Center, Bldg 78

+49-2451-63-3791 or [470abs.dpf2@us.af.mil](mailto:470abs.dpf2@us.af.mil)

Open to anyone with GK base access!



**SPECIAL POINTS OF INTEREST:**

Stop by the New Parent Support Office and check out our Resource Library!

We have books & videos on a variety of topics including:

- Pregnancy
- Breastfeeding
- Healthy Eating
- Child Development
- Positive Parenting
- Toilet Training
- Deployment
- Fatherhood

**New Parent Support and Home Visitation Program BENELUX—FALL 2016**

**(September, October, November)**

New Parent Support Home Visitor will be available for **office** hours, **hospital** and **HOME** visits (to all US ID Card holders). Please call to schedule an appointment. *Class Offerings Listed on Back of Flyer.*

**Home visits-** provide a wonderful opportunity for families to have a caring professional to speak to about any questions or concerns they may have regarding parenting or family life. Parenting is a wonderful time but it is also a time that is full of transition and occasional challenges and stress. A home visit can bring relief and hope during the various phases of parenting.

**Office Visits-** Have some **Tea & Talk** while your baby or child plays with toys. During office hours parents can come to obtain materials on many topics, talk about any questions or concerns they have regarding parenting or borrow materials (DVDs and books) on various topics. The NPSP program has high quality materials that cover topics on labor and delivery, pregnancy, baby care, breastfeeding, toddlers/positive discipline, siblings and other parenting topics. Parents can also receive **ONE on ONE Educational sessions** on topics (see back side of this flyer).

**Hospital Visits-** A NPSP home visitor can come to the hospital to support you in your birth process or recovery.

**Schedule:**

**LOCATIONS:**

**SHAPE:** Weekdays except for the 2nd Wednesday & Thursday per month.

**SCHINNEN ACS Office & Home Visits**

WEDNESDAYS Sept. 14, Oct. 12, Nov. 16.  
& THURSDAY mornings Sept. 15, Oct. 13, Nov. 17.

**BRUSSELS ACS Office & Home Visits:**

One THURSDAY (afternoon) per month:  
September 15, October 13, November 17.

**Contact Info:**

**Information and Registration:**

Main NPSP telephone: SHAPE DSN 366-6832 or CIV + 32 (0) 65.32.6832  
Main NPSP Location: SHAPE: Building # 318, ACS, Room # 124.



NEW PARENT SUPPORT PROGRAM  
USAG BENELUX



Website: [benelux.armymwr.com](http://benelux.armymwr.com) Facebook: [facebook.com/ChievresFMWR](https://facebook.com/ChievresFMWR)

FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

USAG BENELUX - Schinnen Family & MWR Outdoor Recreation

# Paris Express

**Saturday**  
**November 19, 2016**

**\$79** per person

Hop aboard our motorcoach for an exciting day trip to Paris, France, and leave the driving to us.

For more information call Schinnen Outdoor Recreation

DSN 360-7560 / Com 046-443-7560

<http://schinnen.armymwr.com/europe/schinnen>

Email: [usarmy.schinnen.imcom-europe.list.dfmwr-crd@mail.mil](mailto:usarmy.schinnen.imcom-europe.list.dfmwr-crd@mail.mil)

Check us out on Facebook "Tri-Border Community"



FOR SOLDIERS

FOR FAMILIES

FOR RETIRES

FOR CIVILIANS

## German language course for children aged 5 and up

Cocuk 5 yaş ve üzeri için Almanca dil kursu

Corso di lingua tedesca per bambini dai 5 anni  
in su

Curso de alemán para niños de 5 años en  
adelante

Μαθήματα Γερμανικών γλώσσας για τα παιδιά  
ηλικίας 5 ετών και άνω

### Instructor: Manuela Beck

Individual tuition in small groups, in  
accordance with the curriculum of  
the German Grundschule.

Registration at the IYA Office  
in Building 95.  
IYA: x 4954 or 0049 2451 63 4954.

Volkshochschule.  
Das kommunale  
Weiterbildungszentrum.

Start:  
17 November,  
4 Lessons on Thursday,  
15:00 – 16:30.

IYA Room 4  
(Building 95)

Cost: € 23



### **Labor and Birth**

**Monday 21st November at the AFRC**

**09:30-12:30**

- ◊ *An introduction to Prenatal Care*
- ◊ *The Art of Giving Birth , including optimum positioning*
- ◊ *Coping Strategies, pain relief and support person role*
- ◊ *Delivery and hospital procedures*
- ◊ *Immediate Postpartum Procedures*

### **Breastfeeding Basics Workshop**

**Monday 21st November**

**13:30-15:00**

- ◊ *How to get Breastfeeding off to a great start*
- ◊ *What to expect during the first few weeks*
- ◊ *How to be prepared for breastfeeding before the birth of your baby*
- ◊ *Tools to prepare you and your partner confidently breastfeed*

**CLASSES WILL BE HELD AT THE GEILENKIRCHEN  
A&FRC BLDG 78.**

For more information and to register please contact:

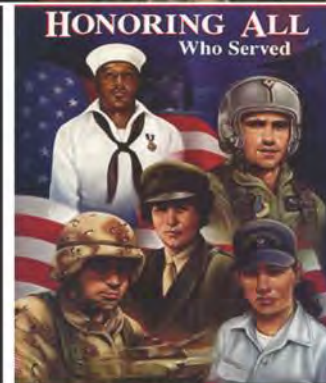
Fiona Webster

Nurse/Midwife/IBCLC

*Fiona.e.webster.fn@mail.mil*

+32 65 325224

DSN 566-5224



## Department of Veterans Affairs

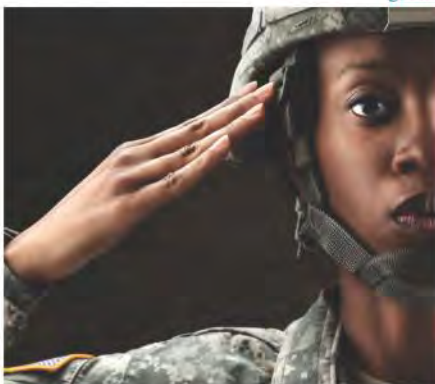
### *Overseas Military Service Coordinator*

Disability Compensation, Pension, Education, Home Loan, Healthcare, Survivor, Burial

[germany.va.rep@gmail.com](mailto:germany.va.rep@gmail.com)

[germany.va.rep2@gmail.com](mailto:germany.va.rep2@gmail.com)

[germany.va.rep3@gmail.com](mailto:germany.va.rep3@gmail.com)



Schedule an individual appointment  
with a VA representative

Are you a service member or veteran with questions  
regarding VA benefits available to you?

We would love to meet with you! Come see a VA  
professional who can help answer your questions!

Call DSN: 314-606-244- 3848 or Civilian: +31(0)45-526-3848  
to schedule appointment time for **October 24 or**  
**November 21-22**

# Resume Basics

29 November, 2016

1430pm – 1530pm



A&FRC DRC

Call +49-2451-63-3791 or DSN 458-6013 or  
email [470ABS.DPF@us.af.mil](mailto:470ABS.DPF@us.af.mil) to reserve  
your seat

# SOCIAL MEDIA AND YOUR JOB SEARCH



**NOVEMBER 29TH, 2016  
3:30PM - 4:30PM**

**A&FRC DRC**

**CALL +49-2451-63-3791 OR DSN 458-6013 OR EMAIL  
470ABS.DPF@US.AF.MIL TO RESERVE YOUR SEAT**



# ACS

## EMPLOYMENT READINESS

Landing YOUR Federal Job in 10 Steps!



October 25 2016

*Live from S.H.A.P.E.*

January 31 2017

*Live from Schinnen*

April 25 2017

*Live from Brussels*

July 25 2017

*Live from S.H.A.P.E.*

# TEN STEPS to a FEDERAL JOB

10:00AM- 11:30

Classes Are Projected To All Communities

*This training can be brought to your units- ask for more information!*

**\*\*REGISTRATION IS REQUIRED\*\***



## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 DSN: 366-6824  
BRUSSELS CIV: 02.717.9783 DSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 DSN: 360-7500



ChievresFMWR  
BrusselsMWR  
SchinnenMWR



Army Community Service  
provides reasonable access to  
individuals with special needs.



[flickr.com/beneluxfmwr](http://flickr.com/beneluxfmwr)

[www.benelux.armymwr.com](http://www.benelux.armymwr.com)



FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

# Incredible Volunteer Opportunity at AFNORTH!!!!!!

Are you good at math, language arts, science or social studies?

Do you enjoy helping others be successful?

If so, we need YOU!!



The Scholars 4 Success Program was started this year to help students succeed!!!!  
It meets from Wednesday through the following Tuesday (no Fridays) from 3:30 -  
**5:30 when school is in session for full-days** (no half-days or early release days).

You don't have to commit to come every day!

We would love your help to help our students.

If you are interested in volunteering please contact:

Yolanda K. Harvin  
Assistant Principal,  
AFNORTH International School  
US Section M/HS  
Yolanda.Harvin@eu.dodea.edu

Jennifer Tramel  
School Liaison Officer  
Airman & Family Readiness Center  
Geilenkirchen NATO Air Base, Germany  
Jennifer.tramel.1@us.af.mil



**AFNORTH International School's  
College Night  
Tuesday, January 24<sup>th</sup> from 1700 – 1900  
in the school cafeteria**

If you are willing to represent your college or university during our AIS College Night, please contact your school to request information and materials for your table as soon as possible! If you email your university's admissions office to request the materials in the mail they typically will send materials and it usually takes about a month to receive.

If you are going to participate please contact Yolanda Harvin, Assistant Principal, AFNORTH International School, US Section M/HS at [Yolanda.harvin@eu.dodea.edu](mailto:Yolanda.harvin@eu.dodea.edu).



# IYA Afternoon Club

## with Homework & Study Service

for children aged 5 and older:  
Monday – Friday, open until 1745

Spacious well-equipped areas for different age-groups;  
big playground with table-tennis and basketball court

The children have the opportunity to do their homework, study and read in a designated room. Staff members answer questions and assist students.

**Fee structure for MWA-Card holders:**  
monthly fee is € 60.

If you only need childcare on certain days of the week, you pay € 12 per month for each day of the week you book, e.g. € 24 per month for a Tuesday/Thursday schedule.

Single afternoon: € 7.

Monthly fee without MWA-Card: € 86. Single afternoon: € 10.

The IYA offers Special Day Programs, 0745 – 1745, when the school is closed, for € 15 with MWA-Card, € 22 without MWA-Card.

**Registration and more info:**  
IYA Office, Bldg. 95, x 4954  
or 0049 2451 63 4954.

# ACS EMPLOYMENT READINESS

How To Eclipse The Competition:

Career Planning & Effective Job Hunting



December 1 2016

March 2 2017

June 1 2017

September 7 2017

10:00AM-11:30AM

@ S.H.A.P.E. Army Community Service

BLDG 318, 2ND FL Conference RM

*This training can also be brought to your units- ask for more information!*



**\*\*REGISTRATION IS REQUIRED\*\***

## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 DSN: 366-6824  
BRUSSELS CIV: 02.717.9783 DSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 DSN: 360-7500



ChievresFMWR  
BrusselsMWR  
SchinnenMWR



Army Community Service  
provides reasonable access to  
individuals with special needs.



[flickr.com/benluxfmwr](http://flickr.com/benluxfmwr)

[www.benelux.armymwr.com](http://www.benelux.armymwr.com)



FOR SOLDIERS

FOR FAMILIES

FOR RETIRES

FOR CIVILIANS

# ACS

## FAMILY ADVOCACY

*Meditation Mondays*



**EVERY MONDAY!**  
Noon—1PM  
ACS FAP Lounge, Building 39  
USAG Benelux-Schinnen

*Come join us and begin the week by slowing down, getting centered, and quieting your mind.*



## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 DSN: 366-6824  
BRUSSELS CIV: 02.717.9783 DSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 DSN: 360-7500



ChievresFMWR  
BrusselsMWR  
SchinnenMWR



Army Community Service  
provides reasonable access to  
individuals with special needs.



[flickr.com/beneluxfmwr](https://www.flickr.com/beneluxfmwr)

[www.benelux.armymwr.com](http://www.benelux.armymwr.com)



FOR SOLDIERS

FOR FAMILIES

FOR RETIRES

FOR CIVILIANS

# ACS

## FAMILY ADVOCACY



ACS Schinnen 10,000 Steps Club

Every Tuesday,  
9:30 - 10:30 AM



Come join us or call  
ACS for more  
information.

*Would you like to make some new fitness  
friendly pals and share parenting support?  
Then join the newest fitness craze in Schinnen!*



## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 DSN: 366-6824  
BRUSSELS CIV: 02.717.9783 DSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 DSN: 360-7500



ChievresFMWR  
BrusselsMWR  
SchinnenMWR



Army Community Service  
provides reasonable access to  
individuals with special needs.



[flickr.com/benluxfmwr](https://www.flickr.com/benluxfmwr)

[www.benelux.armymwr.com](http://www.benelux.armymwr.com)



FOR SOLDIERS

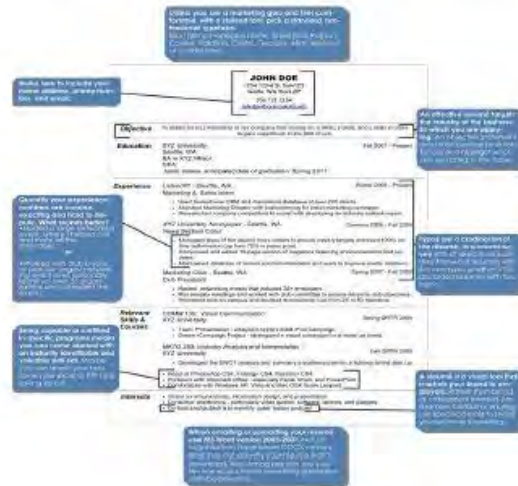
FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

# ACS EMPLOYMENT READINESS

Let Your Awareness Do The Work:  
Resume Preparedness For All Serious Job Seekers



October 6 2016  
January 5 2017  
April 6 2017  
July 6 2017

**\*\*REGISTRATION IS REQUIRED\*\***

10:00AM-11:30AM

@ S.H.A.P.E. Army Community Service  
BLDG 318, 2ND FL Conference RM

*This training can also be brought to your units- ask for more information!*



## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 OSN: 366-6824  
BRUSSELS CIV: 02.717.9783 OSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 OSN: 360-7500

ChievresFMWR  
BrusselsMWR  
SchinnesMWR



flickr.com/beneluxfmwr

www.benelux.armymwr.com

FOR SOLDIERS

FOR FAMILIES

FOR RETIRES

FOR CIVILIANS



# ACS

## FAMILY ADVOCACY

### Lunch and Learn: Emotional Regulation



Tuesday, NOV 1  
Tuesday, NOV 15  
Tuesday, DEC 6

Noon-1PM

VTC from Schinnen ACS to  
SHAPE and Brussels ACS



## USAG Benelux

Community Support Center:  
SHAPE CIV: 065.32.6824 DSN: 366-6824  
BRUSSELS CIV: 02.717.9783 DSN: 368-9783  
SCHINNEN CIV: 0464.43.7500 DSN: 360-7500



ChievresFMWR  
BrusselsMWR  
SchinnenMWR



Army Community Service  
provides reasonable access to  
individuals with special needs.



[flickr.com/beneluxfmwr](https://www.flickr.com/photos/beneluxfmwr/)

[www.benelux.armymwr.com](http://www.benelux.armymwr.com)

FOR SOLDIERS

FOR FAMILIES

FOR RETIRES

FOR CIVILIANS



## *Military Spouse Connection*

**When:** Every Tuesday 1000-1130,

**Where:** Chapel Annex, Children Welcome!

Come meet and connect with other spouses as we discuss various topics related to living overseas! Coffee and refreshments provided!

Hope to see you there!

POC: Gen Van Pelt ~ +49 2451-633791

[Gennifer.van\\_pelt@us.af.mil](mailto:Gennifer.van_pelt@us.af.mil)

# Single Parent Network

ARE YOU A SINGLE PARENT?

Join us for this monthly networking opportunity. Open to NATO ID card holders.



## For more information:

Phone: +49-2451-63-3791

DSN: 458-6013

Email: [470abs.dpf2@us.af.mil](mailto:470abs.dpf2@us.af.mil)

Last Friday of  
every month

1430 – 1600

A&FRC  
classroom



## SHAPE Class Offerings:

**(BABIES): “Babies– Backs & Tummies” suggested for ages 0 - 9 months (or pre-crawling) : TUESDAYS, 10:30-11:30 AM (SHAPE, ACS, Play Room)**

A supportive and educational group for parents with newborns that encourages child development and promotes positive parent-child interaction with music, experiential activities, bubbles and laughs.

**(CRAWLERS): “Crawlers & Wobblers” suggested 9 – 18 months (or once babies start moving): TUESDAYS, 9:15-10:15 AM (SHAPE, ACS, Play Room)**

Encourages child development and promotes positive parent-child interaction with music and experiential activities. Parent support and discussions about positive discipline are also included in the program.

**(TODDLERS) Play Morning Montessori suggested for 18 months to age 3.**

**THURSDAY Mornings 10-11:30 AM**

Montessori certified teacher collaborates with NPSP program to offer Montessori based play group. Located in the Playroom in ACS, Room #122, Building #318.

## Offerings at Brussels & Schinnen:

The New Parent Support Program offers home visits and office hours one time per month to both Schinnen and Brussels communities. Families can contact the home visitor to meet at home or in the office to discuss any concerns about their child or for support and information on parenting. This one-on-one time can be a supportive consultation, or be the time to express parenting challenges with a professional.

**Breastfeeding Support** is also available online through MUM2MUM support at SHAPE

*For questions about pregnancy or labor & delivery please contact NPSP to inquire about support and information in the Benelux community.*

There is also a **monthly parent support/parent-child connection group at Schinnen (ACS)** for any families that are expecting or have a child under the age of 3.  
**(Second Wednesday of every Month from 2-3:30 PM: Sept 14, Oct 12 & Nov 16)**

**Office Hours Schinnen:** (second Wednesday every month): 1-2pm, 3:30-5 pm (RSVP required)  
For **Brussels**– office hours see reverse side.

The New Parent Support Program is a home visitation program that also offers office visits and classes to discuss parenting and child development.

### Come and Speak Today about the Following Topics:

- Questions about your child's eating, sleeping, gross motor skills, toilet training or other developmental questions.
- Concerns about your children's temperament or behavior.
- Ideas & activities to develop a loving bond and experience enjoyable moments with your child.
- The Journey of becoming a mother or father
- Baby-proofing your marriage (before and after birth)

NPSP helps to support close parent-child relationships and provides parental support in your community.



## Swimming pool Schedule:

Day:	Time:	Activity:	
Monday	06:30 -/- 09:30	Lap Swimming	**
	09:30 -/- 10:30	Aquarobic	
	10:30 -/- 11:00	Ladies Swimming	***
	11:00 -/- 12:00	Aqua jogging	
	12:00 -/- 14:00	Lap Swimming	*
	19:00 -/- 20:30	JFC Scuba Diving	
Tuesday	06:30 -/- 09:00	Lap Swimming	**
	09:00 -/- 12:00	Afnorth school	
	12:00 -/- 14:00	Lap Swimming	*
	14:00 -/- 15:00	Delegation swim	
	15:00 -/- 16:00	Public swim	
	16:00 -/- 18:00	Swimming lessons	
	18:00 -/- 18:30	Kids diving lessons	☺
	18:00 -/- 18:30	Adult Swimming	
	19:00 -/- 21:00	Orcas Swim Team	
Wednesday	06:30 -/- 09:00	Lap Swimming	**
	09:00 -/- 10:00	Afnorth school	
	12:00 -/- 14:00	Lap Swimming	*
	14:00 -/- 15:00	Afnorth school	
	15:00 -/- 16:00	Public swim	
	16:00 -/- 18:00	Swimming lessons	
	18:00 -/- 18:30	Adult Swimming	
	19:00 -/- 21:00	Orcas Swim Team	
Thursday	06:30 -/- 09:00	Lap Swimming	**
	09:00 -/- 10:00	Afnorth school	
	12:00 -/- 14:00	Lap Swimming	*
	14:00 -/- 15:00	Afnorth school	
	15:00 -/- 17:00	Public swim	
	17:00 -/- 18:00	Aquacise lesson	
19:00 -/- 21:00	Orcas Swim Team		
Friday	06:30 -/- 09:00	Lap Swimming	**
	09:00 -/- 10:00	Afnorth school	
	12:00 -/- 14:00	Lap Swimming	*
	14:00 -/- 15:00	Afnorth school	
	15:00 -/- 18:00	Public swim	
	19:00 -/- 22:00	Synchroon Swim	

\* Free for all Military & Nato ID card holders  
That are working on the base

\*\* Only free for the Military that are working  
on the base

\*\*\* Only for Ladies

☺ Only for kids that have their diploma ABC

Day:	Time:	Activity:
Saturday	09:15 -/- 11:45	Synchroon Swim
	12:00 -/- 16:00	Public swim with Toy
	16:00 -/- 18:00	Private pool Booking
Sunday	10:00 -/- 12:00	Private pool Booking
	12:00 -/- 16:00	Public swim
	16:00 -/- 18:00	Private pool Booking

### Attention

Children under 7 years must be accompanied by a  
responsible adult ( 18 years or older )



### FOR SAUNA AND POOL BOOKINGS

CALL 3172

0031-(0) 45-526-3172

## Price list

### SINGLE TICKETS

Adult / Child	Euro	2.50
Single aqua	Euro	3.00
Single swimming les 30 min	Euro	3.50
Single swimming les 1h	Euro	7.00

### BLOCK TICKETS

10 Block ticket	Euro	20.00
10 Aqua block ticket	Euro	25.00
02 swimming les block 1 hrs	Euro	12.00
05 swimming les block 1 hrs	Euro	30.00
10 swimming les block 1hrs	Euro	60.00
25 Block Ticket	Euro	40.00

### SINGLE SEASON TICKETS

Valid for 1 year	Euro	100.00
------------------	------	--------

### FAMILY SEASON TICKETS

Valid for 1 Year	Euro	200.00
------------------	------	--------

### PRIVATE POOL BOOKING

Per hour	Euro	40.00
15 people + ( ADD 2 nd LF )	Euro	20.00

### SAUNA FEES

Fees have to be paid before use, if you book the sauna:

1 hour Incl. 2 p. swim	Euro	07.00
10 block ticket sauna	Euro	60.00

### SOLARUIM FEES

10 minute ( 1 token )	Euro	4.00
-----------------------	------	------

Free entry for children under 4 years

# We're Changing our Hours

Starting Monday, February 29<sup>th</sup> the



will have the following operating hours:

**Monday: 1100-1700 (Express Only)**

**Tuesday & Wednesday: 1000-1800**

**Thursday: CLOSED**

**FRIDAY & SATURDAY: 1000-1800**

**SUNDAY: 1100-1700**

We appreciate your understanding as we make changes in an effort to better serve you.

KOSTAS  
GREEK FOOD   
**THURSDAY-FRIDAY-  
SATURDAY**

**1030-1700**

**STARTING FEBRUARY**

**25**

**NEXT TO SCHINNEN PX**





# Getting Started as a Volunteer (GSU)

□ Contact local Red Cross station

**Email:** 52fw.arcamericanredcross.us.af.mil

**Phone:** DSN- 314-452-9440; Commercial- 0656-561-9440

Register by visiting [www.52fss.com](http://www.52fss.com). Go to the bottom right of the home page, click on “Volunteer Application” (5 minutes)

▬ Complete Intake Steps in Volunteer Connection (20 minutes)

▬ Red Cross & Local Station Orientation

- Complete Red Cross Orientation Online (45 minutes)

[www.redcross.org/support/volunteer/getting-started](http://www.redcross.org/support/volunteer/getting-started)

- Complete Spangdahlem Orientation for Geographically Separated Units (located on Volunteer Connection)

Placement Interview (via Phone)- time to be determined after local orientation has been completed (20 minutes)

*\*Certain volunteer positions require additional interviews and training (Medical Clinic Volunteer, Health and Safety Instructor, and Leadership Roles)\**

USAG Benelux - Schinnen  
CYSS  
School Age Center

# BEFORE AND AFTER SCHOOL PROGRAMS



Grades 1<sup>st</sup> through 5<sup>th</sup>

\*\* Open to All US and NATO ID Card Holders \*\*

**CYSS Parent Central Services**

Building H-602

DSN: 364-3121 or 2023

Civilian: +31 (0)45 526-3121 or 2023



U.S. Army Child, Youth  
& School Services

## IYA Afternoon Club with Homework & Study Service

for children aged 5 and older:  
Monday – Friday, open until 1745

Spacious well-equipped areas for different age-groups;  
big playground with table-tennis and basketball court

The children have the opportunity to do their  
homework, study and read in a designated room. Staff  
members answer questions and assist students.

Fee structure for MWA-Card holders:  
monthly fee is € 60.

If you only need childcare on certain days of the week,  
you pay € 12 per month for each day of the week you book, e.g.  
€ 24 per month for a Tuesday/Thursday schedule.

Single afternoon: € 7.

Monthly fee without MWA-Card: € 86. Single afternoon: € 10.

The IYA offers Special Day Programs with lunch, 0745 –  
1745, when the school is closed, for € 20 with MWA-  
Card, € 30 without MWA-Card.

Registration and more info:  
IYA Office, Bldg 95, x 4955.





## Dance for Kids

@ the IYA Multi-purpose Room (Bldg 95)

**Experienced and certified instructor:  
Ebru Cantürk**

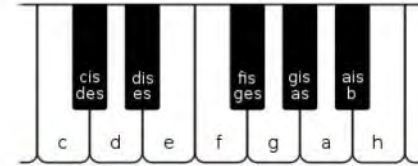
**Mondays, 17.00 – 17.45, for ages 3 – 4,  
Tuesdays, 17.00 – 18.00, for ages 5 and up,  
starting 15 and 16 February 2016.**

*The class for ages 5 and up will perform at the International Children's  
Festival on 16 April 2016.*

**Cost: € 20 per month.**

**Your first class is free. Just give it a try.**

**Registration and further information  
at the IYA Office, x 4955, 0049 2451 63 4955.**



## IYA MUSIC LESSONS

### PIANO, TRUMPET & VOCALS

All lessons are one-on-one, in English, Dutch or German.  
Lessons are 45 minutes. One trial lesson available.  
Experienced and certified instructor: Hilde Ubben  
(Conservatorium Maastricht).

IYA, Building 95 on NAB Geilenkirchen.

Cost: € 20 per lesson.

Further information at the IYA Office, x 4955, or contact Hilde Ubben at  
0031 683773384, [hildedirigent@hotmail.nl](mailto:hildedirigent@hotmail.nl).



## Birthday party coming up?

### Make the mess with us!

**We offer the space, all the materials and instruction in a fun, creative environment!**

*'The sculptor party': clay modelling*

*\* ages 5 and up*

*\*Price €100,- for up to 8 children*

*€8,- per additional child (max. 18)*

*\*Duration: 1,5 hours*

*\*Clay modeling with various tools.*

*\*Children will take project home.*

*Baking of projects is possible, contact us for info.*

*'Paint like a true artist': canvas painting*

*\* ages 5 and up*

*\*Price €110,- for up to 8 children.*

*€10,- per additional child (max. 18)*

*\*Duration: 1,5 hours*

*\*Acrylic painting with various brushes and textures.*

*The birthday child can pick the topic in advance.*

*'Dutch shoe design': decoupage*

*\*ages 6 and up*

*\*Price €110,- for up to 8 children*

*€10,- per additional child (max. 18)*

*\*Duration: 1,5 hours*

*\*Wooden shoe decorated through decoupage, glitters, ribbon and other embellishments.*

*'Ceramic paint fun'; ceramic figurine painting*

*\*ages 8 and up*

*\*Price €115,- for up to 8 children.*

*€12,- per additional child (max. 18)*

*\*Duration: 1,5 hours*

*\*Acrylic paint on ceramic figurine of own choice, subject to availability.*

*'Mosaic party': mosaic project*

*\*ages 6 and up*

*\*Price €120,- for up to 8 children.*

*€12,- per additional child (max. 18)*

*\*Duration: 1,5 hours*

*\*Mosaic on a surface of choice and availability.*

*\*Projects will be taken home with grout and instructions.*

*'Blacklight painting': neon paints in blacklight room*

*\*ages 8 and up (not afraid of the dark)*

*\*Price €120,- for up to 8 children.*

*€12,- per additional child (max. 12)*

*\*Duration: 1,5 hours*

*\*Neon paints on background in a blacklight lit room.*

*Awesome experience!*

Every party will have a table available for snacks and drinks (BYO) and standard birthday decorations.

For special wishes, just contact us to see what is possible.

Parties by appointment only. Reservation two weeks in advance.

A €50,- deposit is required to reserve, non refundable when party is cancelled within 24 hours of the event.

## What type of support and information does the NPSP program provide?

### Pregnancy & Prenatal Support

- Stages of pregnancy
- Nutrition
- Emotional and physical changes
- Preparing to bring your baby home
- Delivering a baby in a local hospital
- Prenatal education classes and support groups

### Postpartum/Parenting Assistance & Support

- Newborn care
- Lactation information
- Bonding and attachment
- Infant and toddler developmental stages
- Positive parenting and discipline
- Infant massage
- Potty training

### Mental Health Support

- Marital conflict
- Stress management
- Coping skills
- Grief and bereavement
- Self esteem
- Isolation (social or individual)
- Domestic abuse



## USAG Benelux Army Community Service



Call now to talk to a New Parent Support Program (NPSP) Home Visitor

Brussels	DSN 368 9783	(32) (0) 27.17.9783
Chievres/SHAPE	DSN 366 6824	(32) (0) 65.32.6824
Schinnen	DSN 360 7500	(31) (0) 46.443.7500



For special accommodations,  
please contact the  
EFMP Program Manager



For more information about ACS at USAG Benelux  
visit: [www.benelux.armymwr.com/europe/benelux/](http://www.benelux.armymwr.com/europe/benelux/)  
or email: [rachelle.m.michaud.ctr@mail.mil](mailto:rachelle.m.michaud.ctr@mail.mil)



# New Parent Support Program



## What is the New Parent Support Program (NPSP)?

The New Parent Support Program (NPSP) at USAG Benelux is staffed by a licensed Marriage & Family Therapist specializing in infant-parent relationships.



Our trained, supervised Home Visitor has extensive knowledge of issues confronting today's parents, and is sensitive to the unique challenges facing military families.



## What types of services are provided?

### HOME VISITS

Private, in-home support for new parents is the main focus of the NPSP. You may feel more comfortable asking questions and expressing your concerns about becoming a parent, bringing a new baby into the world and managing physical and emotional health after birth from the comfort of your own home.

Becoming a parent is a significant transition, and parenting young children can be stressful. Home visits provide support and education during these challenging times.

### HOSPITAL VISITS

Having a baby is a significant life event. The NPSP Home Visitor can visit you in the hospital to help support you as you care for your newborn and adjust to your new family member.

### OFFICE VISITS

Come in for tea, talk and toys. Discuss what is on your mind, receive information and support, sign up for home visits and check-out resource materials.

### PRENATAL, POSTNATAL & TODDLER INFORMATION

Prenatal and Postnatal books, dvds, handouts, etc. on topics such as: breastfeeding, newborn care, child-birth preparation, feeding issues, potty training, father involvement and positive discipline are available.

### PLAY GROUPS & PARENTING CLASSES

Scheduled activities and community support to give parents an opportunity to form connections, discuss parenting challenges in a group format, and to increase parenting knowledge and confidence.

### REFERRALS TO OTHER SOURCES

Sometimes you may need the assistance of additional services offered through the military health care system, your military installation, or via the local community. NPSP professionals can help you find and take advantage of those services which best suit your needs.

## Eligibility & Enrollment

The program's services are available at no cost to U.S. ID military beneficiaries of all branches as well as their family members who are expecting their first child or have at least one child through three years of age.



TO ENROLL IN THE NPSP, PLEASE CALL  
DSN 366 6824 OR (32) (0) 65.32.6824  
TO SCHEDULE AN APPOINTMENT



SEE NEWSLETTERS FOR CURRENT  
OFFERINGS IN YOUR AREA



## IYA Christmas Market Trip to Trier

**Saturday, 3 December 2016, 0800 – 2000**

Get in the mood for the season at one of the loveliest Christmas Markets. Enjoy the romantic atmosphere between the enchanting Christmas booths on the medieval Main Market in front of the Cathedral. And the oldest city in Germany has much more to offer. Visit the Roman Baths, Amphitheatre, Porta Nigra, the Karl-Marx-House, not to forget the stores and great places to eat and drink.

Our luxury bus departs from outside the Main Gate.

Cost is € 17 with MWA-Card, € 25 without.

Registration and more info:

IYA Office, Bldg 95, x4954, 0049 2451 63 4954.





**TAKE YOUR PHOTOS  
WITH SANTA @ THE  
IYA CHRISTMAS PARTY**

**E-3A Club**

**Wednesday, 7 December 2016, 16.00 – 18.00**

Please note that Santa will be available for photos until 17.00.

Seasonal Games – Wheel of Fortune

Seasonal Refreshments

Children under the age of 5 have to be accompanied by an adult. Parents of older children are also very welcome to attend. Please sign up by 6 December:

x 4954, 0049 2451 63 4954.

SANTA IS ALREADY LOOKING  
FORWARD TO SEEING YOU –  
HE EVEN HAS A SMALL GIFT FOR  
EACH CHILD.

**NO COST.**



# GK Mama Hawcs

Parents get a chance to workout while kids play. Check us out on:

 GK Mama Hawcs



New location: The Multi-purpose room, Bldg 298.  
(The old GK Elementary School Cafeteria)

Every Mon, Wed, Fri 0900-1100



GK CDC  
**Part Day**  
**Enrichment**

Our Child Development Center offers a Part Day Enrichment(PDE) Program during the school year. Please enroll within.

Children must be 3-5years of age.

**SLOTS ARE LIMITED !!**

**PLEASE CONTACT US**

**GK CDC:BLDG 92.**

**DSN 458-6017**

**COMM 245163 2216**



# NATO TRI-BORDER PLAYGROUP @ JFC BRUNSSUM

OPEN TO ALL NATO ID CARD HOLDERS WITH CHILDREN BIRTH TO PRE-SCHOOL  
AGE.

BRUNSSUM WEST CHAPEL THURSDAYS 1000-1130

PARENT LED FRIENDLY ENVIRONMENT

COME AND JOIN US



Ellen Senist  
<http://www.ellensenis.com>



USAG Benolux-Schinnen  
Army Child, Youth & School Services



# Strong Beginnings

Building foundations for learning!



Language & Reading

Mathematics

Science

Computers

Social Studies

The Arts



Help prepare your child for Kindergarten!

**CYSS Parent Central Services**

Building H-602

DSN: 364-3121 or 2023

Civilian: +31 (0)45 526-3121 or 2023



# PART DAY PRESCHOOL

Sign up now!



**Ages 3-5**

Monday – Friday

0830-1130 or 1230-1530

\*\*\* Open to All US and NATO ID Card Holders \*\*\*



**CYSS Parent Central Services**

Building H-602

DSN: 364-3121 or 2023

Civilian: +31 (0)45 526-3121 or 2023



USAG BENELUX-SCHINNEN

**YOUTH CENTER**

Wi-Fi

Music Room

Homework Lab

Skateboard Club

Teen Zone

Come and check out the Youth Center located on JFB Brunssum, building H-602

**We offer variety of programs and activities**

- Sports & Fitness
  - Arts & Crafts
  - Cooking Club
  - Video Games
  - Video and Photo Editing
  - Field Trips
  - Music Production
  - Free Snacks
- Homework help and computer lab access

**Open to all US and NATO eligible Youth in grades 6-12**



Contact Us for More Details:  
 DSN: 364-3121/2023  
 Commercial: +31 (0)45 526-3121/2023



**Before & After School Programs**



**USAG Benelux- Schinnen CYSS School Age Center**

(located on JFC Brunssum)

Open to ages 7-11 (1<sup>st</sup>-5<sup>th</sup> Grades)  
 7:00 am to 6:00 pm



**\*\*Open to All NATO and US ID Card Holders\*\***



For more information or to register contact:  
 Parent Central Services at DSN: 314-364-3121  
 Commercial: 0031(0)45-526-3121 JFC Extension:3121  
 Or stop by building H-602



## USDA Free and Reduced Lunch Program

*Applications accepted starting 1 July for the  
2015-2016 school year*

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

***Applications must be submitted each year.***

Applications are available at the Airman and Family Readiness Center (Bldg 78) or at AFNorth International School. Return the form and current income information to the A&FRC for processing.

Household Size	Reduced Price Meals		Free Meals	
	Annual	Monthly	Annual	Monthly
2	\$36,852	\$3,071	\$25,896	\$2,158
3	\$46,472	\$3,873	\$32,656	\$2,722
4	\$56,092	\$4,675	\$39,416	\$3,285
5	\$65,712	\$5,476	\$46,176	\$3,848
6	\$75,332	\$6,278	\$52,936	\$4,412
7	\$84,952	\$7,080	\$59,696	\$4,975
8	\$94,572	\$7,881	\$66,456	\$5,538

(Income excluding OHA)

Contact the School Liaison with any questions:

Erin Gouldthorpe

DSN: 458-6034    Commercial: 02451-63-3791

470abs.slo@us.af.mil