



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-602
Email: alyssa.m.barbour.civ@mail.mil
http://www.facebook.com/21stFrSa

ARMED FORCES ACTION PLAN

Oct. 23-26
Kaiserslautern Community Activity Center (KCAC)
Daenner Kaseine, Bldg. 3109

2012 AFAP Conference

Submit your issues for the Tri-Community AFAP Conference!
Serving Kaiserslautern, Heidelberg and Baumholder

Issues can be DoD-wide, European-wide or local.
Submission deadline: Oct. 8, 2012

Submit your issues online at MyArmyOneSource.com.

1. Highlight "Family Programs & Services" (in the black menu line)
2. In the drop-down menu, click "AFAP Issue Management System"
3. Click "Active Army" button
4. Submit your issue in "USAG Kaiserslautern" regardless of your military community.

*Please note: An account on the website is required to submit an issue. Members from ANY service may create an account, submit an issue and participate in the conference.

Conference participants needed from all demographics. Register online at mwrgermany.com.

For more information contact your local Army Community Service Office or visit mwrgermany.com.

USAG Kaiserslautern DSN: 493-4357; CIV: 0621-3406-4357	USAG Baden-Württemberg DSN: 370-8883; CIV: 06221-57-6883	USAG Baumholder CIV: 067836-8188
---	---	-------------------------------------

The President's Volunteer Service Award

Award Criteria

Any individual, family, or group can receive Presidential recognition for volunteer hours **earned over a 12-month period** or over the course of a lifetime at home or abroad.

In the Kaiserslautern Area the 12-month periods are **ONE** of the following:

Calendar Year: 1 January to 31 December
School Year: 1 September to 31 August

Age groups are:

Kids: Age 5-14
Young Adults: Individual Age 15-25
Adults: Individual Age 26 +

The following are the service hour eligibility requirements for each age group:



Bronze Level

Kids: 50 to 74 hours
Young Adults: 100 to 174 hours
Adults: 100 to 249 hours
Family & Groups: 200 to 499 hours



Silver Level

Kids: 75 to 99 hours
Young Adults: 175 to 249 hours
Adults: 250 to 499 hours
Family & Groups: 500 to 999 hours



Gold Level

Kids: 100 hours or more
Young Adults: 250 hours or more
Adults: 500 hours or more
Family & Groups: 1000 hours or more



President's Call to Service Award

All Ages.
4,000 hours or more of volunteer service (over a lifetime).

Point of Contact for USAG Kaiserslautern

Kristin K. James, Army Volunteer Coordinator

DSN 493-4232, Civilian 0631-3406-4232

E-mail: Kristin.K.James.civ@mail.mil

Army Community Service Annex

Pulaski Barracks: Building 2917, Room 213



Ramstein Welfare Bazaar



13-16 September, 2012



21st TSC FRG and Community Events




Alyssa Barbour
 Family Readiness Support Assistant
 DSN: 314-484-6072
 COMM: 0631-413-6072
 Email: alyssa.m.barbour.civ@mail.mil
 http://www.facebook.com/21stFrSa

Army Community Service September





Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day! ACS is closed	4 11:30am Stress Management 3pm Sponsorship Training	5 11:30am Anger Management 1	6 10am Hello America 5:30pm Couples Communication 1	7 9:30am Intermediate ESL 10am HUGS Playgroup 12pm Beginners German
10 9:30am Beginners ESL 11am Boot Camp for Dads 3pm Thrift Savings Plan 6pm Beginners German 7pm Intermediate German	11 9am Euros & Cents 10am Resume Workshop 10am Credit Reports 11:30am Coupons & Coffee 11:30am Stress Management 1:30pm Networking Workshop 2pm Basic Investing 6pm CAUSE Support Group	12 9am Credit & Debt Management 9:30am Resilience Training 11am Successful Money Management 11:30am Anger Management 2 1:30pm Thrift Savings Plan	13 10am Smooth Move 10am SOS Brunch 5:30pm Couples Communication 2	14 9:30am Intermediate ESL 10am USA Jobs Workshop 12pm Beginners German
17 9:30am Beginners ESL 6pm Beginners German 7pm Intermediate German	18 11:30am Stress Management 3pm Sponsorship Training	19 10am 123 Magic Parenting 11:30am Anger Management 1	20 8am Culture College 5:30pm Co-Parenting Class	21 8am Culture College 9:30am Intermediate ESL 10am HUGS Playgroup 12pm Beginners German
24 9:30am Beginners ESL 6pm Beginners German 7pm Intermediate German	25 8am Stress Management 9am Facilitator Training Course 3pm Sponsorship Training 6pm 5 Love Languages	26 8am 123 Magic Parenting 9am Facilitator Training Course 11:30am Anger Management 2	27 9:30am Resilience Training 1:30pm Facilitator Training Course	28 9:30am Intermediate ESL 10am USA Jobs Workshop 11am Multicultural Spouses Club 12pm Beginners German

For more information or to register call
 DSN 493-4203 | Civ. 0631-3406-4203
 Or stop by and visit us
 ACS Main Bldg. 2891 | Annex Bldg. 2917

www.facebook.com/kaiserslauternacs



FINANCIAL READINESS

Basic Personal Investing

11 Sept, 2-4 p.m.

Learn the Fundamentals of investing
Risk Tolerance
Investment Options
Resources
and much more!

To Register please contact
Ms. Denise Fesel by calling
the number below or email
Denise.Fesel.eur.army.mil



ARMY COMMUNITY SERVICE
ACS
 Real-Life Solutions for Successful Army Living

BLDG. 2917
PULASKI BARRACKS

493-4151/0631-3406-4151

USAG Kaiserslautern Army Community Service

Sept 11

11:30 a.m.

COUPONS & Coffee



This great workshop includes
 extreme couponing military style,
 sharing new ideas and saving lots of money.

Java Café - Rhine Ordinance Barracks

To register call Financial Readiness
 493-4015/4151 | 0631-3406-4015/4151

ARMY COMMUNITY SERVICE
ACS
 Real-Life Solutions for Successful Army Living


Bending Not Breaking

Family Resilience


Join ACS for a series of resilience training modules. During these classes learn to maximize your potential to face the toughest challenges.

Classes are held at Army Community Service Bldg. 2891, Pulaski Barracks from 9:30-11:30 a.m.

YOU



Not YOU



To register for a Family Resilience Class please call
 DSN 493-4062/4095, Civ. 0631-3406-4062/4095
 Unit FRG sessions are also available!!!

ARMY COMMUNITY SERVICE
ACS
 Real-Life Solutions for Successful Army Living

Bldg. 2891
Pulaski Barracks

USAG Kaiserslautern



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-602
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

Local Events

JAVA CAFÉ Grand Opening: Sept 18, 1pm Sembach Bldg. 109

Armed Forces Action Plan: 2012 Tri-Community AFAP Conference: Oct. 23-26, KCAC Daenner Kaserne, Bldg. 3109 (Serving Kaiserslautern, Heidelberg, and Baumholder communities)

Submit your issues at www.myarmyonesource.com

Highlight "Family Programs & Services" (in the black menu)

In the drop-down menu, click "AFAP Issue Management System"

Click "Active Army" button

Submit your issue in "USAG Kaiserslautern" regardless of your military community.

Conference participants needed from all demographics. Register online at www.mwrgermany.com

Operation Rising Star: Sept 22, 7pm, Armstrong's Club Ballroom. Audition to be the Next Rising Star **Sept. 13, 6:30pm** KMC Onstage, Kleber Kaserne.

Merengue Dance Competition: Sept 22, 9pm-2am, Armstrong's Club FREE!!

Comedy Show: Pierre Edwards: Sept 29, 9pm, Armstrong's Club (\$25-Advanced; \$35-Door)

Combatives: Sep 15 @ 10:00am, Miesau Gym

DeCA Rewards Card Program: This is a wonderful program for those that love to save money when shopping but just can't remember to bring your coupons with you to the commissary. Pick up your DeCA rewards card at Sembach or Vogelweh commissaries.

Ramstein Welfare Bazaar: Sept 13-16 in Hangars 1 & 2

KLSA September "Fun" ction: Sept 10, 11:30 RSVP by Sept 2 klsareservations@hotmail.com

KLSA Bright Eyes Program FREE Glasses for qualifying children. Click on the link for more info.

Survivor Outreach Services (SOS) Brunch: Sept 13 1000 Contact Cheryl Carter at 0631-3406-4062

The Kaiserslautern chapter of the **Sergeant Morales Club** meets from 11:30 a.m. to 12:30 p.m. the first Monday of every month at the Rhine Ordnance Barracks DFAC (on the right side). This meeting is open to all Sergeant Morales members, Sergeant Audie Murphy members and to any NCO who would like to join.

Overcome your fear of public speaking at **Toastmasters**, which takes place at noon the first and third Tuesdays of the month in the Ramstein Northside Chapel conference room. This is a "learn by doing" public speaking club where members hone their speaking, listening, evaluating and presenting skills in a friendly, comfortable atmosphere. E-mail ramsteintoastmasters@gmail.com for details.

DODDS Upcoming Events

Enrollment Information

First Day of School is August 27th!

[SY '12-'13 Calendar](#)

School Meal Program: If you have a smart phone...there's an app for that too! Download the app and make payments [online](#). There is nominal fee associated with it.

Child, Youth, & School Services: Click on the hyperlink for information about the Edge! Program, SKIES Unlimited, Youth Sports & Fitness Program, & Youth Trip

Parent's Night Out, September 14 Landstuhl 1900-2300

Indoor Flea Market: September 15 8am-2pm Rhine Ordnance Barracks Bldg. 237

Rent a Booth for \$25 (includes 2 tables & 1 bench)

For more information, call Army Outdoor Recreation at 493-4117 or 0631-3406-4117 or visit



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
http://www.facebook.com/21stFrSa

www.mwrgermany.com.

Sembach Tae Kwon Do- FREE Sembach Middle School Gym, Bldg. 3 Ages 6+

Library:

Kleber Branch, Bldg. 3205, 06371-411-1740

Kaiserslautern Library @ Landstuhl, Bldg. 3810, 06371-86-7322

Paws and Pals Every 3rd Tuesday at 3:30pm

KMC Mother-Daughter Book Club Every 2nd & 4th of the month 5:15-6:30pm. For more information, contact kmcmotherdaughterbookclub@gmail.com or call 0151-58776489.

Summer Reading Program 2012

Story time: Wednesday at 1030am

Off Post Events (See links on the last page for more events)

Upcoming concerts:

Sept 12: Coldplay Concert - British rockers Coldplay promote their 5th studio album *Mylo Xyloto* in Munich at Olympiastadion München at 7 p.m. www.eventim.de.

Oct 13: Jennifer Lopez – JLo's Dance Again World Tour comes to Berlin Oct. 13 at O2 World Berlin. www.eventim.de.

Scorpions' Farewell Tour

Sat., 13 Oct: 7:30 p.m., in 80809 München / Munich, at the [Olympiahalle](#), [Spiridon-Louis-Ring 21](#) / Eingang Ost (east entrance). The only car park is located at the Olympiapark: 80809 München, Olympiapark Parkharfe, [Spiridon-Louis-Ring 100](#). [public transport system](#). [Tickets](#).

Deep Purple

10 Aug.-1 Dec: [Click here](#) for the complete tour.

Thu., 22 Nov., 8 p.m., in 60325 Frankfurt am Main, at the Festhalle / Messe, [Ludwig-Erhard-Anlage 1](#). [Tickets](#).

Again, please consider parking your car in a [P+R car park](#) (interactive map and links, text only GE), and using the [public transport system](#) (in EN).

Thu., 29 Nov., 8 p.m., in 86159 Augsburg, at the Schwabenhalle, [Am Messezentrum 5](#) (ca. 80 km / 50 miles NW of Munich). [Tickets](#).

Fri., 30 Nov., 8 p.m., in 80809 München / Munich, at the [Olympiahalle](#), [Spiridon-Louis-Ring 21](#) / Eingang Ost (east entrance). [Tickets](#). The only car park is located at the Olympiapark: 80809 München, Olympiapark Parkharfe, [Spiridon-Louis-Ring 100](#). It is highly recommended you use the excellent [public transport system](#).

Sat., 01 Dec., 8 p.m., in 70327 Stuttgart, at the Porsche-Arena (aka Hanns-Martin-Schleyer-Halle), [Mercedesstraße 69](#). [Tickets](#).

Flea markets:

- Kaiserslautern, Pfalzcenter (across from Daenner Kaserne), Saturdays.
- Kaiserslautern, Toom home depot, Hohenecker Strasse, Fridays.
- Kaiserslautern, Opel parking lot, Portal 4, 8 a.m. to 4 p.m. Saturday.
- Ramstein, Edeka-Aktiv-Markt, Thursdays.
- Landstuhl, Kaufland, Saturdays.
- Bad Dürkheim, Saline (salt-works), 8 a.m. to 4 p.m. Saturday. For more information, visit

www.troedlerundsammeln.de.

Tours

USO: Vogelweh Bldg. 2043, 0631-3506512

This month the USO Tours take you on adventures to many cities including Amsterdam, Brugge, Paris, Innsbruck, Lu-



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

cerne, Munich, Trier, Rothenburg, Strasbourg, Bern, and Tongeren. There are many more tours right here in Germany. Click [here](#) for tour information.

-Rhine River Cruise, Military Heritage Tours: Verdun, The Battle of the Hurtgen Forest

ARMY OUTDOOR RECREATION (KAISERSLAUTERN)

Equipment Rental: [Price List](#)

Check out ODR Trips to Tongeren, Prague, Brussels, Amsterdam, Paris, Gruyeres, and several other cities within Germany. Click [here](#) for tour information.

OUTDOOR RECREATION, Pulaski Barracks, BLDG. 2905 0631-3406-4117

RTT Travel June Calendar... Click [here](#)

[Hochspeyer offers guided tours to castles:](#) Frankenstein Castle, Diemerstein Castle, and Villa Denis.

Information Items

GERMAN HOLIDAYS:

Many German business are closed on holidays so please call ahead before driving.

Training Holiday: October 5,8

Off Limit Establishments

ROAD CONDITIONS

Driving Training and Testing Station

Kaiserslautern Drivers' Testing

Location: Kaiserslautern's Drivers' Testing Station located on Daenner Kaserne, Building 3104.

Operating hours 0730 - 1130 and 1230 - 1530 Monday-Friday

DSN 483-7332/7482/CIV 0631-411-7332/7482.

[Website](#)

Landstuhl Army Personnel Testing will relocate the Army Personnel Testing Office from the Landstuhl Education Center to the Rhine Ordnance Barracks Education Center, Bldg. 285, on July 10. The Landstuhl Education Center APT Office will be closed Thursday and will re-open July 10 at the ROB Education Center. The new APT office phone number will be 493-2573 or 0631-34062573. For details, call the ROB education center at 493-2588 or 0631-3406-2588.

VAT Offices

[Order VAT Forms by Email](#)

Locations: Kleber Kaserne, Building 3205, 1st Floor left side entrance

Call DSN 483-1780 CIV 0631-411-1780

Hours: 1100-1400/1500-1700, Monday thru Friday

Closed: Saturday, Sunday, Holidays

Locations: Landstuhl Post, Building 3810, Room 201

Call DSN 486-1780 CIV 0637-186-1780

Hours: 1000 - 1300/1400 - 1700, Monday thru Friday

Locations: Miesau Kaserne, Building 1220,

Call DSN 481-3797 CIV 0637-2842-3797

Hours: 0900 - 1100/1300 - 1500, Monday thru Friday

Locations: Pulaski Barracks, Building 2925, 1st Floor



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

Call DSN 493-4035 CIV 0631-3406-4035
Hours: 0800-1530, Monday thru Friday

Vehicle Registration

Locations: Sembach Kaserne, Building 216, 1st Floor, Room 126
Call DSN 496-4640/4641/4642 CIV 06302-67-4640/4641/4642

Website: <http://www.hqusareur.army.mil/rmv>

Relocation

CYSS Registration: <https://webtrac.mwr.army.mil/webtrac/kaiserslauterncymys.html>

Kaiserslautern Community: Installation overview

Housing: <https://www.housing.army.mil/ah/>

Employment

NAF Job Fair: Sept 5, 10am-2pm, Armstrong's Club

Janet Farley, Author of **"The Military Spouse's Employment Guide": Sept 18**, 1000, Pulaski Barracks, Bldg. 2919

[USA JOBS](#)

[AAFES Jobs](#)

Support Groups/Clubs

Take Off Pounds Sensibly is a weight loss support group that meets from 5:15 to 6:30 p.m. on Pulaski Barracks near Vogelweh in Bldg. 2919 in the first floor conference room. Find us on Facebook at www.facebook.com/KaiserslauternTOPS. For more information or for questions, call 0170-8007205, 06303-807708 or 483-5336/0631-411-5336.

Alcoholics Anonymous

Meetings are held in English in several cities in Germany. For current contact numbers or meeting schedules, call the AA Help Hotline at 01803-224-357, 486-8766 or 06371-86-8766, or the ASAP Clinic at 486-1710 or 06371-86-1710.

BOSS Meetings – 1st & 3rd Thursday of the Month @ 1330

Location: Rhine Ordnance Barracks, Java Café

Contact your unit rep for more information

Hugs Playgroup – Every Friday of the Month @ 1000

Location: Vogelweh Community Center

Call DSN 493-4058/4066 CIV 0631-3406-4058/4066

HUGS is open to children birth to 4 years old. This playgroup is an interactional and educational group designed to develop parenting skills, socialization, and educational activities.

KMC Adoption Support Group – Every 3rd Tuesday @ 1900 – 2000

Location: Landstuhl Health and Wellness Center Building 3722

Website: www.usadopteurope.com

The group meets the needs of adoptive parents, adopting parents and adoptive children, through education and research to resolve adoption issues.

Religious Services



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

- » The Catholic Women of the Chapel host an evening Bible study from 6 to 8 p.m. every Thursday at the Ramstein Southside Chapel. For more information, e-mail lcout3@gmail.com.
- » The KMC Military Council of Catholic Women host monthly meetings of faith filled fellowship and spirituality from 6 to 8 p.m. the first Thursday of the month at the Ramstein Northside Chapel Annex.

CHAPEL LOCATIONS AND PHONE NUMBERS

Ramstein North Chapel, Bldg 1201 DSN 480-6148 or Civ 06371-47-6148
Ramstein South Chapel, Bldg 2403 DSN 480-5753 or Civ 06371-47-5753
Vogelweh Chapel, Bldg 2063 DSN 489-6859 or Civ 0631-536-6859
Kapaun Chapel/Annex (Bldgs 2781/2782) Call North or South Chapel
Landstuhl Community Chapel, Bldg. 3773
Daenner Community Chapel, Bldg. 3150

MWR FACILITIES

One Stop located inside the Landstuhl Library Bldg 3810 Monday-Friday 10am-5pm closed from 1-2pm.

Auto Skills

Pulaski Barracks, Building 2859

Monthly Special: FREE windshield wiper fluid refills with an oil change.

Hours: Monday – Friday, 0800 – 1900, Saturday, 0800 – 1700

Call: DSN 493-4167/CIV 0631-3406-4167

[Price List, Fees and Charges List](#)

Tow services are now available through Pulaski Auto Skills. Services are available Sun.-Fri., 9 a.m.-5 p.m. and Sat., 8 a.m.-5 p.m. After hour services are available upon request for additional fees.

Landstuhl Post, Building 3800

Hours: Monday – Friday, 1200 – 1700

Call: DSN 486-7335/CIV 0637-186-7335

Armstrong's Club Vogelweh Housing Building 1036

Salsa Night – Sept 22 @ 9pm-2am **Salsa Lessons** @ 930pm-1030pm

Right Arm Night- Sep 14

Karaoke Night at the Irish Pub – Sept 21 @ 9pm-2am

Old School R&B Night – Sept 24 @ 9pm-2am DJ Big Money

Rocktober Fest- Sep 29 @ 9pm-2am

Pool Tournament Monday Nights 6:30pm sign-up; 7pm start time; \$10 Entrance Fee

Open Mic Night Every Thursdays 7pm

House Party- Sept 14, 28 @ 9pm-2am **No cover charge**

For more information, call **0631-354-9986**

Kazabra Club Vogelweh Air Force Base Building 2057 [July 2012](#)

K-town Coverall Bingo and **Twin-10**- Every Wednesdays: 7pm, Fridays: 8pm, and Sundays: 3pm Play progressive Bingo to win \$5000 and or \$1000 jackpots.

Dart Night **FREE** Thursdays 7-10pm

KARAOKE Thursdays 8pm-2am

Salsa Thursdays, 6:30pm-10pm; Free Salsa Lessons from 6:30pm-8:30pm

Top 40 Fridays, 9pm-1am playing your top rock, pop, soul, and country hits!

Country Nights Saturdays, 8pm-4am

Zumba: Tuesdays, 6-7pm; Thursdays, 5-6pm **1st Class FREE** Entry Fee: \$4.00

For more information, call **DSN 489-7261 CIV 0631-536-7261**

Landstuhl Community Club Landstuhl Bldg. 3780



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

Expressions: Tuesdays, 7-10pm

Texas Hold 'Em: Saturdays-Registration-6pm; First Deal-7pm; \$20 buy-in

Bruno's Menu

For more information, call 06371-86-6107.

KMC Onstage: Kleber Kaserne Building 3232

Free admission to Wounded Warriors! Contact us for more details.

Season Flex Pass: Valid for 7 shows. Click on hyperlink for more details.

For more information, call DSN 483-6626 CIV 0631-411-6626

USO Classes

Office Location: Vogelweh/Im Haderwald 67661 Kaiserslautern

Call: DSN 489-6033 CIV 0631-3406-6033

Food Safety Class – The Landstuhl Regional Medical Center Environmental Health Branch hosts

Food Safety for Volunteers 5-6:30 p.m. April 5 and first Thursdays at the Learning Resource Center, Bldg. 3718. Registration is required. DSN 486-8489, civ. 06371-86-8489.

The Edge Program: Grades 6-12

Create your own T-shirts: Every Wednesday, Landstuhl Library, Bldg. 3810

Registration ends the Friday before the activity begins.

Academic Today: Every Thursday, 5-6pm, Landstuhl Youth Center, Bldg. 3819

Registration ends the Friday before the activity begins.

Education

University of Maryland University College (UMUC)

Landstuhl: 486-8528, Kleber/ROB: 483-7539

Fall 2012	Registration	Classes Begin	Classes End
On-site Session 2	08 Oct-21 Oct 2012	22 Oct 2012	16 Dec 2012
Online Mid-Session 1	25 Jun-16 Sep 2012	17 Sep 2012	18 Nov 2012
On-site Session 2 Graduate	08 Oct-21 Oct 2012	22 Oct 2012	16 Dec 2012
Online Session 2 Graduate	25 Jun-16 Sep 2012	08 Oct 2012	16 Dec 2012

Central Texas College Europe

Kaiserslautern/Miesau/Vogelweh/Sembach/Landstuhl/Kleber/Ramstein: 0631-3406-2580

Term Schedule [2012-2013](#)

Website: <http://europe.ctcd.edu/>

ACS Calendar: September 2012

Army Family Action Plan

ACS Building 2917

Call: DSN 493-4232 or CIV 0631-3406-4232

Facilitator Training Course: Sept 25, 26, 27 (9:00am, ACS Building 2917)

Employment Readiness Program

ACS Building 2917, Room 105

Call: DSN 493-4029 CIV 0631-3406-4029



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

Networking: Sept 11 (1:30pm, ACS Building 2917, Room 105)
Resume Workshop: Sept 11 (1000, ACS Building 2917, Room 105)
USA Jobs Workshop: Sept 14 & 28 (1000, ACS Building 2917, Room 105)

Exceptional Family Member Program

ACS Building 2891

Call: DSN 493-4094 CIV 0631-3406-4094

EFMP CAUSE Support Group: Sept 11 (6-7:30pm, Vogelweh Elementary Library, Bldg. 1178)

Family Advocacy Program

ACS Building 2917, Room 109

Call: DSN 493-4062 CIV 0631-3406-4062/4228

Anger Management Class: Every Wednesday (1130-1230 @ Bldg. 2926, Pulaski)

Co-Parenting: Sept 20 (1730-1900, Bldg. 2917, Pulaski)

Couples Communication: Sept 6 & 13 (1730-1900, Bldg. 2917, Pulaski)

Stress Management: Every Tuesday (1130-1230, Bldg. 2926, Pulaski)

123 Magic Parenting: Sept 19 & 26 (1000-1130, Bldg. 2917, Pulaski)

The 5 Love Languages: Sept 25 (1800-2000, Bldg. 2917, Pulaski)

New Parent Support Program

ACS Building 2917, Room 115

Call: DSN 493-4066 CIV 0631-3406-4066

Boot Camp for Dads Sept 10 (1100-1330, Bldg. 2917, Pulaski)

Financial Readiness Program

ACS Building 2917, Room 115

Call: DSN 493-4151 CIV 0631-3406-4151

Euros and Cents Workshop Sept 11 (0900-1000, ACS Building 2891, Pulaski)

Understanding Your Credit Sept 11 (1000-1100, ACS Building 2891, Pulaski)

Credit and Debt Management Sept 12 (0900-1030, KCAC Building 3109, Daenner)

Successful Money Management Sept 12 (1100-1200, KCAC Building 3109, Daenner)

Thrift Savings Plan and You Sept 12 (1330-1500, KCAC Building 3109, Daenner)

Thrift Savings Plan Sept 10 (1500-1700, LRMC, Heaton Hall, Landstuhl)

Coupons & Coffee Sept 11 (1130, Java Café-ROB)

Basic Personal Investing Sept 11 (1400-1600, ACS Building 2891, Pulaski)

Mobilization and Deployment Program

ACS Building 2891, Room 204

Call: DSN 493-4095 CIV 0631-3406-4095

Family Resilience Training Sept 12 & 27 (0930-1130, ACS Building 2891, Conference Room)

Conversational Spanish

Tuesdays, 9 a.m. Yellow Ribbon Room Bldg. 2926, Pulaski Barracks

Call 0631-3406-4203

Beginning German

(Mondays, 6 p.m.; Fridays, 1200, Bldg. 2891, Pulaski Barracks)

Intermediate German

Mondays, 7 p.m.

Relocation Readiness Program

ACS Building 2917

Call: DSN 493-4064 CIV 0631-3406-4064

Hello America Sept 6 (1000, Bldg. 2891, Pulaski Barracks)

Smooth Move Sept 13 (1000, Bldg. 2891, Pulaski Barracks)

Culture College Sept 27 & 28 (0800, Bldg. 2891, Pulaski Barracks)

Sponsorship Training Sept 4, 18 & 25 (1500, Bldg. 2891, Pulaski Barracks)



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
http://www.facebook.com/21stFrSa

USO Classes:

Office Location: Vogelweh/Im Haderwald 67661 Kaiserslautern

Call: DSN 489-6033 CIV 0631-3406-6033

11	German Baking Class	\$25	(Cakes: 0900-1200, Vogelweh Chapel Kitchen)
18	German Cooking Class	\$25	(German Cuisine: 0900-1200, Vogelweh Chapel Kitchen)
13	German Cooking Class	\$25	(German Cuisine: 1800-2100, Kapaun Chapel Annex)
25	Oktoberfest Class	\$25	(0900-1200, Vogelweh Chapel Kitchen)
27	Oktoberfest Class	\$25	(1800-2100, Kapaun Chapel Annex)
5, 10, 12, 19, 24, 26	German I	\$65	(1830-2030, Landstuhl Ed. Center Bldg. 3701, Rm203)
5, 10, 12, 19, 24, 26	German I	\$65	(1000-1200, Landstuhl Ed. Center Bldg. 3701, Rm203)

For class descriptions, click [here](#), then scroll to the bottom of the document.

The Edge Program: Grades 6-12

Create your own T-shirts: Every Wednesday, Landstuhl Library, Bldg. 3810

Registration ends the Friday before the activity begins.

Academic Today: Every Thursday, 5-6pm, Landstuhl Youth Center, Bldg. 3819

Registration ends the Friday before the activity begins.

SKIES Instruction

TAEKWONDO: Monday and Wednesday (Vogelweh)

Beginners: 5-6pm; Yellow Belt and Up: 6-7pm

Tae Kwon Do: FREE (Sembach)

Children ages 6+

Karate Tech: Tuesday \$25/month 4 classes Landstuhl Bldg. 3701

Sembach Soccer Clinics: Beginner, Intermediate, Advanced

Dance: Tap, Jazz, Contemporary, Lyrical, Ballet, Pre-ballet, Pre-tap, Hip Hop

Open to ages 3-18

Tutoring: Grades K-12

Driver's Education: Taught by Army-Approved Driving Schools in Germany.

Gymnastics: Landstuhl, SKIES Bldg. 3701

Music Lessons: Voice, Beginner piano, Music Theory, Baby Beat, Theater Seminar.

German Classes: Learn basic vocabulary, sentences, and common German phrases.

Spanish Lessons: Learn Spanish by immersion! Ages 3 and up

Kung Fu and Martial Arts: Ages 5-18 Sembach Middle School Gym

Child and Youth Services: CYS Services is offering free babysitter classes for CYS Services registered teens, ages 13 to 18. Save the dates: Saturday and Sunday, Oct. 27 and 28, and Dec. 8 and 9. The class includes comprehensive 4-H approved training material, Red Cross CPR/first aid certification, hands on experience, and CYS Services Babysitter Referral Services. Classes will be held from 9 a.m. to 5 p.m. at the Landstuhl Youth Center, Bldg. 3819. Bring a sack lunch. To enroll and receive more information, call Parent Central Services 493-4516/ 0631-3406-4516.

FITNESS: Kleber/Landstuhl/ROB/Miesau/Sembach Gym

Mondays:

Real Ryder Cycling: 1145-1245 [Kleber](#)

[Dynamic Yoga:](#) Intermediate/Adv. 1715-1830 Landstuhl

Tuesdays:

[Yoga Sculpt:](#) 0930-1030 Landstuhl

Real Ryder Cycling: 0630-0730 & 1130-1215 (Miesau) 1730-1830 (Landstuhl)

Family Fitness: 0930-1030 Miesau

[Zumba:](#) 1145-1245(Kleber) 1800-1900(Kazabra Club)

Wednesdays:

Real Ryder Cycling: 1145-1245 [Kleber](#)

Parent Exercise Room

Landstuhl Fitness Center (Bldg. 3720)

Call: 486-7172; 06371-86-7172

Mon-Fri: 0900-1900

Weekend & Holidays: 1100-1700

FACILITIES



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

Power Yoga 1830-1945

[CLASS DESCRIPTIONS](#)

Thursdays:

Real Ryder Cycling: 1730-1830 Landstuhl

Family Fitness: 0930-1030 Miesau

Zumba: 1145-1245 Kleber

[Zumba](#): 1800-1900 (Kazabra Club)

Fridays:

Pilates: 0930-1030 Landstuhl

***As of August 28

For more information, call

Kleber Fitness Center at DSN: 483-7610 or CIV: 0631-411-7610.

Landstuhl Fitness Center at DSN: 486-7172 or CIV: 0637-186-7172.

ROB Fitness Center at DSN: 493-2241 or CIV: 0631-3406-2241.

Miesau Gym at DSN: 481-3797 or CIV: 0637-2842-3797.

Sembach Gym at DSN: 496-7530 or CIV: 06302-26-7530



21st TSC

First In Support! FRG and Community Events

Alyssa Barbour
Family Readiness Support Assistant
DSN: 314-484-6072
COMM: 0631-413-6072
Email: alyssa.m.barbour.civ@mail.mil
<http://www.facebook.com/21stFrSa>

Websites

21st TSC Facebook Page: <http://www.facebook.com/#!/21stTSC>

21st TSC website: <http://www.21tsc.army.mil>

Kaiserslautern Garrison: <http://www.kaiserslautern.army.mil>

Kaiserslautern ACS: <https://www.facebook.com/army.kaiserslautern#!/KaiserslauternACS>

Army One Source: <http://www.myarmyonesource.com>

Customs and Border Agency: <http://www.hqusareur.army.mil/opm/uscustoms.htm>

CYS Registration: <https://webtrac.mwr.army.mil/webtrac/kaiserslauterncys.html>

Find It Guide: <http://www.finditguide.de>

German American Community Office: <http://www.gaco-kl.de>

Health Clinics:

Kleber: <http://ermc.amedd.army.mil/Kleber/index.cfm>

Landstuhl: <http://ermc.amedd.army.mil/landstuhl/index.cfm>

Herald Post: <http://www.bw.eur.army.mil/news/pdf.html>

House Hunting:

ARMY: <https://www.ahrn.com/kaiserslauternmilitarycommunity.php>

AIR FORCE: <http://www.ramstein.af.mil/library/factsheets/factsheet.asp?id=13946>

Kaiserslautern American: <http://www.kaiserslauternamerican.com>

KMC Red Cross: <http://kmc.redcross.org>

Movies:

Ramstein: <http://www.shopmyexchange.com/ReelTimeTheatres/Movies-Ramstein.htm>

Vogelweh: <http://www.shopmyexchange.com/ReelTimeTheatres/Movies-Vogelweh.htm>

MWR: <http://www.mwrgermany.com/kaiserslautern.html>

Theater:

Heidelberg: www.roadsidetheater.com

Kaiserslautern: www.mwrgermany.com/kmconstage.html

USO Tours: <http://www.uso.org/kaiserslautern>

86th Services: <http://www.86fss.com>

Ramstein Air Base: <http://www.ramstein.af.mil>

Buzz Off Base: www.buzzoffbase.com

Amusement Parks: <http://germany.buzzoffbase.com/venues/family-entertainment/amusement-parks/index.html>

Restaurants in Kaiserslautern:

<http://germany.buzzoffbase.com/venues/restaurants/kaiserslautern/index.html>