



Ramstein Roundup

Important announcements & activities

18 May 2021

Important Contact Information

AADD: 0152 5172 3356
A&FRC: 06371 47 5100
Chaplain: 06371 47 2121
DAVA: 0713 628 4624
EO: 06315 36 8534
Family Advocacy: 06371 46 2370
IG: 06371 47 3190
Mental Health: 06371 46 2390
Military Family Life Consultant:
0176 1057 2634
0176 1040 7713
0176 1736 8898
0172 379 6046
OSI: 06371 47 5779
SARC: 01728 21 4871
86 SFS: 06371 47 2050
569 SFS: 06315 36 6060

**Looking for things to do?
Check out the below
links!**

<https://86fss.com>
<https://kaiserslautern.armymwr.com/>
<https://baumholder.armymwr.com/>
<https://86fss.com/was-ist-los/>

Weekly Overview

(Click to jump to section)

- **FLEX (Facility & Leadership Excellence) FORUM**
- **Military & Family Life Counseling (MFLC)**
- **Mission Essential Blood Drives**
- **Ramstein Community Center's Events**
- **Parenting Boys by our EFMP team**
- **A&FRC workshops**
- **Ramstein & Vogelweh Libraries Book Club**
- **Teens Take Over May Events**
- **Check out our USO activities**
- **Wonderful excursion's with MWR**



FLEX FORUM



86 CEG

Class of 10 May 2021 to 23 May 2021

BASE BEAUTIFICATION

This week has been busy as always for FLEX. We have completed sweeps of the BX parking lots, PAX Terminal, as well as the NATO Circle and Dormitory Pond. This Thursday, we embarked on a multi-week power washing initiative for the bleachers of Donnelly Park. Crews have also been active around the USAFE HQ Building and 86AW Building.

(Pictured below Amn Boughen)



MINI-MENTORSHIP

We have had some **LEGENDARY** Guest Speakers and Mentors over the past week that we would like to give a massive shoutout too: **THANK YOU** Colonel Meeker, CMSgt Childers, and Captain Grosskopf for investing in the Airmen on topics such as Career Goals, Effective Communication, and Changes in Air Force Culture.



WHAT IS THE “FLEX FORUM”?

The FLEX Forum is a bi-weekly newsletter from the 786 CES Facility and Leadership Excellence Team on what **YOUR** Airmen are learning, participating, and contributing too. From our daily base beautification, to our “Mini-mentorship” sessions, and projects as well. The FLEX Forum makes sure **YOU** stay informed on how we are contributing to a better base, while investing in the future leaders of the Air Force.

#FLEXFamily



OUTSTANDING FLEX ALUMNI

Amn Benner (pictured above) of the 86 VRS is a Former FLEX Team member who epitomizes the **#FLEXFactor** of Culminating and Promoting Teamwork. He coaches Airmen from multiple squadrons for PT Tests, he **LEADS** both Extremism and Resiliency PDS', all while completing CDC's. **THANK YOU A1C Benner** for being an excellent example of a FLEX Alumni!



Are you a SNCO/Officer that is interested in mentoring and investing in the next generation of Airmen?

Are you an Airman looking to expand your leadership skills, network with other AFSC's, and contribute to the base? **Then we want YOU!** Please contact:

SnA Frick: james.frick.1@us.af.mil / DSN: 480-7768

SnA Bishop: william.bishop.10@us.af.mil



Video and Telephone Counseling Now Available

Continue your progress at home so you can keep moving forward

The Military and Family Life Counseling Program is here for you during the coronavirus disease pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Managing stress and changes due to COVID-19
- Adjusting to deployment and reintegration
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague

Schedule an appointment with a Military and Family Life Counselor:

Meet your Adult MFLCs for Ramstein AB: (available via phone or What's App, in person and Zoom appointments.)

Bruce King | Phone: +49 1723 796 046

Mary Beth Currey | Phone: 629-215-6943

Kimberly Turner | Phone: 480-267-1505

Victoria Moore | Phone: 217-205-9750

Call Military OneSource anytime, 24/7 at 800-342-9647 or visit
www.MilitaryOneSource.mil.





Be the Life Line for the Frontline

Mission Essential Blood Drives

May 24: Ramstein

May 25: Ramstein

June 1: Landstuhl

June 8: Baumholder

June 21: Vogelweh

June 22: E-hof/WPC

June 23: Kleber

More details on appointment website.

Appointments required, schedule at:

www.militarydonor.com

Sponsor Code: Europe

Or scan QR code with
a smartphone camera



You're
somebody's
TYPE

**NEW Rules: most Local National staff,
retirees and family members can donate!**

Basic Eligibility:

- ✓ At least 18 years of age and weigh 116 lbs.
- ✓ Haven't donated whole blood in the last 8 weeks.
- ✓ No tattoos overseas or travel to malaria-risk country in the past 3 months.
- ✓ Free of cold/flu symptoms for at least 3 days.
- ✓ Didn't live in the UK 3 months or more 1980-1996, or 5 years or more in France and/or Ireland 1980-2001.
- ✓ Haven't had close AND extended contact with a suspected or confirmed COVID-19 case in past 14 days. No wait time required after the COVID-19 vaccine!

ASBP Europe
590-5885 or 06371-9464-5885
facebook.com/ASBPEurope

ASBP
Armed Services Blood Program



Ramstein Community Center's Upcoming Events

ACE LANGUAGE CLASSES

Winter, Term 1	Spring, Term 2	Summer, Term 3	Fall, Term 4
Registration: 14-30 December Classes: 4 January-25 February	Registration: 1-12 March Classes: 15 March-6 May	Registration: 24 May-4 June Classes: 7 June-29 July	Registration: 2-13 August Classes: 16 August-7 October

Classes available at lunchtime and in the evening
Cost for 8 week course: \$90/person
\$25 for Single Airmen (order needed)

All dates are subject to change. Students must be 18 years of age or older. Children are not to be brought to class or left unattended in the building during class time. Courses offered may vary - call for details.

 **Ramstein Community Center, Bldg. 412**
DSN 480-6600 or CIV 06371-47-6600 • www.86fss.com  



RAMSTEIN COMMUNITY CENTER PRESENTS

PING PONG TOURNAMENT



21 MAY
1100-1300
Lunch Tournament

One on one, single elimination Ping Pong Competition.
Cost is \$10 a person, participants must be 18 or older to compete.
1st, 2nd & 3rd place winners will receive a prize and bragging rights.

Ramstein Community Center
Bldg. 412
DSN 480-6600 or CIV 06371-47-6600
www.86fss.com  

 

RAMSTEIN COMMUNITY CENTER

FLEA MARKET

22 MAY

VENDOR INFO
\$15 PER TABLE

VENDOR SETUP
0830-1000

SHOPPING HOURS
1000-1400

DOING SOME SPRING CLEANING?
REGISTER TO BE A VENDOR AT OUR NEXT FLEA MARKET!
IF YOU'RE LOOKING TO FILL YOUR HOME WITH SOME TREASURES
MAKE SURE YOU MARK YOUR CALENDAR.

Must register in advance. \$15 for one table, \$20 for two tables.

Stop by the Ramstein Community Center to fill out registration form to sign up as a vendor; limited spots available.



RAMSTEIN COMMUNITY CENTER
BLDG 412
DSN 480-6600 OR CIV 06371-47-6600

ANTIQUE & CRAFT FAIR ✂️

Saturday, 12 June AND Sunday, 13 June

1000-1700

1100-1700



Registration forms: <https://86fss.com/ramstein-community-center/forms-publications/>



Parenting Boys:

Go from Frustration and Anger to
Cooperation and Connection

Presented by Janet Allison

Sunday, 6 June from 1500–1600
Tuesday, 22 June from 1800–1900

If you feel like you're walking on eggshells with your son and dread even asking him to do one little thing – you aren't alone! Parents fear the anger, outbursts, and attitude... and, then, worst of all, feeling guilty and telling yourself, *"I'm a bad parent. I'm not doing this right."*



So many parents avoid rocking the boat but end up avoiding the real solutions, understanding how he operates, how to engage his natural ability to solve problems to resolve conflicts, AND helping him navigate his big emotions in a healthy way.



Join Boys Alive! Founder Janet Allison for this eye-opening session packed with practical strategies. Whether you are raising boys, girls, or those who are non-binary, this session is designed to help you understand another's viewpoint and foster stronger connections between you.



Click to learn more about Janet at boysalive.com



Click to listen to the ON BOYS Parenting Podcast

◀<https://us02web.zoom.us/j/88055955632>▶

Registration is for both events



EFMP Family Support



AIRMAN & FAMILY READINESS CENTER

PARENT/CHILD COMMUNICATION



9 June 2021

@ 1400-1500 • VIRTUAL

Reservations Required

Deadline: 8 June 2021

This presentation introduces the benefits of effective communication and how parents can develop healthy communication in their relationships to reinforce strong child/parent bonds.

Addresses each age level.



Airman & Family Readiness Center

Bldg. 2120

DSN 480-5100 | CIV 06371-47-5100



Airman & Family Readiness Center Workshop

Self-care is not Selfish

26 May • 0900

This virtual presentation will focus on the importance of self-care for caregivers. Practical self-care strategies and activities to help manage stress. To register/ questions please contact the Airman & Family Readiness Center.



***Facilitators: Ms. Mariah Boykin, LCSW, Ramstein AB Family Advocacy Intervention Specialist
Ms. SueAnn Denson, LCSW, Ramstein AB Family Advocacy Intervention Specialist***

*****This event is subject to change*****

All updates will be posted on Ramstein Airman & Family Readiness FB Page or you may contact the center for updates.



Airman & Family Readiness Center

Bldg. 2120 • DSN: 480-5100 or 06371-47-5100 | 86fss.com



EFMP Family Support

FORCE



RAMSTEIN & VOGELWEH LIBRARIES

BOOK CLUB

THE HOUSE IN THE CERULEAN SEA
by TJ KLUNE

27 MAY
1800 • ZOOMGOV



SCAN FOR
MORE DETAILS



AUTHOR TJ KLUNE



IN ATTENDANCE

 **FORCE**
SUPPORT SQUADRON

TEEN TAKE OVER MAY EVENTS

*Join the Ramstein / Vogelweh Teen Center for their monthly Teen Take Over events. Below events will be held via Zoom.
Please contact TeenVogelweh@gmail.com to sign up.*

MAY THE 4TH BE WITH YOU / SPACE DAY • 13 MAY • 1800

Star Wars trivia and national space day with hands on STEM activity.

DRIVING SAFELY • 27 MAY • 1800

Driving safety with UPS Road Code and role play scenarios.



Ramstein/Vogelweh Teen Center

Bldg. 411 • DSN: 480-3099 or 06371-47-3099

Bldg. 2059 • DSN: 489 - 6155 or 0631- 536 - 6155





Ramstein

Meet your USO at the KMCC!

Learn about the opportunities that are available through the USO.

Talk to volunteers about ways to contribute to our Mission.

Grab a donut and a coffee on us!



Thursday May 27 - 10:30 - 13:30

Outside KMCC Food Court



VIRTUAL POKER TOURNAMENT

21 May 1900-2100

Open to DOD Id Card Holders 18+ in the USO Kaiserslautern area.
Must have the Pokerrr 2 App to play.

REGISTER HERE: <https://bit.ly/3vNMHpf>



TRANSITIONS

Mastering LinkedIn Workshop



Taught by
Michael Quinn:
2x LinkedIn Top
Voice & Army
Veteran

May 20 at 11a.m. ET

bit.ly/20MayUSO



**MILITARY VIRTUAL
PROGRAMMING**



DISCOVERING YOUR SPARK™

with
BRITTANY BOCCHER

FIND YOUR COLOR IN A
CAMOUFLAGE WORLD

POWERED BY:



Join us for a

DISCOVERING YOUR SPARK WORKSHOP

Brittany, the 2017 AFI Military Spouse of the Year will **EMPOWER** you to fill your cup, **ENCOURAGE** you to discover your passion, and **INSPIRE** you to live life with purpose.

OPEN TO ALL SPOUSES OF CURRENTLY SERVING MILITARY.

May 19, 2021

10am-1pm ET

bit.ly/usodysmay19

Self Drive Fishing

May 23 2001, 0700 am

https://kaiserslautern.armymwr.com/calendar/event/trout-fishing/5151945/56951



Get back to nature, relax, and enjoy a day of **trout fishing** while you **keep it safe for yourself and your family** by **meeting us at the fishin' hole**.

While there are a wide variety of places to fish in Germany, we have chosen this one because it's close to home, family friendly, and offers the possibility of catching 10-pound fish! The Ol' Fishin' Hole is well stocked with **Rainbow and Brown trout**, and even the **occasional Golden Trout**. And don't worry about getting skunked, our **certified fishing instructor** is just waiting to provide as many tips and tricks as it takes to catch as many of them as possible.

[Enjoy the great outdoors](#) with [Kaiserslautern Outdoor Recreation](#)!

Price: Adults: \$49 per person
Children 6-11: \$29 p.p.
Children under 6: \$9 p.p.

Price Includes:

Entry fees, fishing gear and bait (**or use your own**)

What to bring:

- Comfortable, weather appropriate shoes and clothing
- Snacks and cooler or **Euro** for lunch
- Fishing equipment, Bait, Chair (**or use our gear**)
- Cooler and Ice
- Military ID

Meeting Time: 7:30 a.m.

Registration Information

All reservations must be made through Army Outdoor Recreation or [Webtrac](#). Sign up today by contacting:

Army Outdoor Recreation, Kaiserslautern Community
Pulaski Barracks, Bldg. 2905

Cancellation Policy:

Cancellations requested **48 hours prior** to trip departure will receive a **90% refund**.
Cancellations made **less than 48 hours prior** to departure will receive a **50% refund**.
There is **no refund** for **no-shows** or cancellations made **less than 12 hours prior** to departure.

In the event that a **customer cancellation results in a fee** charged to Outdoor Recreation, **regardless of the date of or reason for that cancellation**, the total sum of **those fees will be passed along** to the customer.

COVID Precautions:

Trip **timelines and schedule are subject to change at any time** due to changes in COVID restrictions.
All participants **must provide full name, physical address and phone number** for contact tracing purposes.
All Travel Documentation is the responsibility of the passenger. Border restrictions may occur at any time without warning. Many European countries are expected to continue entry restrictions for personnel traveling only on US Tourist Passports. Therefore ODR strongly recommends that all travelers travel with both their tourist and official passports and/or SOFA card.

Kaiserslautern Outdoor Recreation

We're Back Hours: Mon-Fri 10 a.m.-5 p.m.

Pulaski Barracks
BLDG 2905
Kaiserslautern, Rhineland-Palatinate 67661
Germany

+49 (0)631-3406-4117

Military DSN (314) 493-4117

Hours:

[Email Us](#)

German Fishing Course

Earn your German Fishing License!



Jun 12 2021, 8 am - 6 pm

Graduate and receive a permit to receive your German Fishing License! Students must attend both sessions in one full weekend to graduate.

Classes are held in the basement of Kleber Kaserne, Bldg. 3213

Before traveling with Kaiserslautern Outdoor Recreation, make sure you are authorized to do so, have the proper travel documents, and have familiarized yourself with our [Coronavirus Precautionary Practices](#).

Cost

\$60 per individual

\$100 per family

All participants over the age of 17 must be members of the Hunting, Fishing and Sport Shooting (HFSS) program. HFSS dues are as follows:

1 year: \$15

3 years: \$35

Lifetime: \$99

Download your [HFSS Membership form](#) (.pdf)

Registration Information

Register in advance at Kaiserslautern Outdoor Recreation, Pulaski Bks., Bldg. 2905



Dreamloops Hike - Saar Bend

Lace up your boots, and [go hiking](#) with **Kaiserslautern Outdoor Recreation!**



Jun 6 2021, 8 am

[Register Now!](#)

Rated at **68 “Adventure Points”** by the German Hiking Institute, our route on the “Saarschleife-Tafeltour” wraps around the **famous panorama view of the Saar Bend**, and includes the medieval **Montclair Castle**, a **ferry crossing of the Saar River**, and **numerous vistas and spectacular paths**. Rest and refreshment stops are available along your route, which ends where it begins, making your return easy and stress free.

Lace up your boots, and [go hiking](#) with **Kaiserslautern Outdoor Recreation!**

Length: 10.1 Miles

Difficulty: Medium

Time: 5-6 hours

Price: \$29 per person

Trip Includes:

- Round trip transportation
- Hiking Guide

What to Bring:

- Comfortable, weather appropriate boots and clothing
- Windbreaker/water-proof jacket/rain gear
- Bag lunch/snacks, and water/energy drinks
- **Euro**
- Military ID

Departure: 8 a.m.

Return: Around 6 p.m.

Registration Information

All reservations must be made through Army Outdoor Recreation or [Webtrac](#). Sign up today by contacting:

Army Outdoor Recreation, Kaiserslautern Community

Pulaski Barracks, Bldg. 2905

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Kaiserslautern Outdoor Recreation

! We're Back Hours: Mon-Fri 10 a.m.-5 p.m.

**📍 [Pulaski Barracks](#)
[BLDG 2905](#)
[Kaiserslautern, Rhineland-Palatinate 67661](#)
[Germany](#)**

📞 [+49 \(0\)631-3406-4117](#)

📞 Military DSN (314) 493-4117

🕒 Hours:

✉ [Email Us](#)

COVID Precautions:

- ODR trips are available to **fully vaccinated passengers** and their minor children only.
- Trip **timelines and schedule are subject to change at any time** due to changes in COVID restrictions.
- All trips are departing from the **Pulaski Sports Pavilion in Pulaski Park** until further notice.
- **Hands must be sanitized** before boarding the bus.
- Enter and exit through the **rear door only**.
- **Seats may be assigned** in advance to promote physical distancing and contact tracing. **Requests for specific seats are not being accepted.**
- All passengers **must provide full name, physical address and phone number** for contact tracing purposes.
- Eating in ODR vehicles is not authorized
- **All Travel Documentation is the responsibility of the passenger.** Border restrictions may occur at any time without warning. Many European countries are expected to continue entry restrictions for personnel traveling only on US Tourist Passports. Therefore ODR strongly recommends that all travelers travel with both their tourist and official passports and/or SOFA card.

Program

[Kaiserslautern Outdoor Recreation](#)



Skydiving

Get the thrill of a lifetime when you go tandem skydiving with Kaiserslautern Outdoor Recreation.



May 31 2021, 7:30 am

Get the **thrill of a lifetime** when you go **tandem skydiving** with Kaiserslautern Outdoor Recreation.

After approximately 20 minutes of ground training, you and your jumpmaster will board the aircraft and ascend to an altitude of **approximately 13000 feet**. Safely connected to your jumpmaster and ready to **take the plunge**, you will exit the airplane and **freefall almost 8000 feet** at **speeds approaching 200 miles per hour**, before your tandem jumpmaster opens the parachute. After the chute is opened, you will float gently to earth over a period of about 5 minutes.

Before traveling with Kaiserslautern Outdoor Recreation, make sure you are authorized to do so, have the proper travel documents, and have familiarized yourself with our [Coronavirus Precautionary Practices](#).

Tandem Skydiving is a life changing experience! **Sign up for the ultimate thrill** with [Kaiserslautern Outdoor Recreation](#) today!

Price:

- Jumpers: \$279 per person
- Transportation only for Non-Jumpers: \$50 p.p.

Trip Includes:

- Round trip transportation
- Tandem skydive
- Video of your skydive available at an extra cost payable directly to the vendor

What to bring:

- Comfortable, weather and jump appropriate clothing and **LACE UP shoes**
- Snacks, drinks, a packed lunch
- **Euro** and VAT forms
- Book, video game, MP3 or DVD player
- **Military ID**

Departure: 7:30 a.m.

Return: Approximately 4 p.m.

Registration Information

All reservations must be made through Army Outdoor Recreation or [Webtrac](#). Sign up today by contacting:

Army Outdoor Recreation, Kaiserslautern Community
Pulaski Barracks, Bldg. 2905

Cancellation Policy:

We're Back Hours: Mon-Fri 10 a.m.-5 p.m.

[Pulaski Barracks](#)
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[Email Us](#)

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Program

[Kaiserslautern Outdoor Recreation](#)

