



Ramstein Roundup

Important announcements & activities

3 November 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:

0151 5674 8179

0152 2607 9170

0152 2607 9489

0162 471 5603

OSI: 06371 47 5779

SARC: 01728 21 4871

86 SFS: 06371 47 2050

569 SFS: 06315 36 6060

Weekly Overview

(Click to jump to section)

- Airman & Family Readiness Center Events
- Military & Family Life Consultants (MFLC)
- Ramstein & Vogelweh Youth Programs
- Ramstein Community Center Activities
- Ramstein & Vogelweh Libraries
- Ramstein Outdoor Recreation
- Kaiserslautern Outdoor Recreation
- Baumholder Outdoor Recreation
- Check out our USO activities

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/>

NOVEMBER 2021 MONTHLY GLANCE

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2 Ditching the Dorms 0900-1130 Pre-Deployment Brief 1430-1530	3 Suicide Myth Busters Time Available: 1400 POC: Ms. Kimberly Turner	4 Raising Financially Fit Children - 1000-1100 Volunteering in the KMC 1000-1130 Pre-Deployment Brief 1430-1530	5 Key Leadership Immersion 0730-1130	6
Transition 3-day Workshop 0800-1630			DOL Employment Track 0800-1630			
7	8 Hearts Apart & EFMP Adult Paint & Mingle 1000-1200	9 Suicide Myth Busters Time Available : Open POC: Ms. Victoria Moore 0162 471 5603 Pre-Deployment Brief 1430-1530 Key Spouse Initial Training 1600-2200	10 A&FRC Newcomer Orientation (In Person) 0800-1310	11 Pre-Deployment Brief 1430-1530	12 German Culture Orientation 1000-1200 	13
14	15 Suicide Myth Busters Time Available : 0900 or 1000 POC: Mr. Bruce King 0151 5674 8179	16 Ditching the Dorms 0900-1130 Hearts Apart & EFMP Adult Paint & Mingle 1000-1200  Pre-Deployment Brief 1430-1530	17 FTAC Financial Readiness Brief 0800-1200 A&FRC Newcomer Orientation (Virtual) 0800-1200	18 Pre-Deployment Brief 1430-1530 Developing a Spending Plan 1000-1130	19 Plan My Move 0900-1100 German Culture Orientation 1000-1200 Key Spouse Luncheon 1130-1300	20
Senior Transition Workshop 0800-1630						
21	22	23 Pre-Deployment Brief 1430-1530	24 A&FRC Newcomer Orientation (In-Person) 0800-1310	25 	26	27
28	29 Suicide Myth Busters Time Available: 1400 POC: Ms. Mary Beth Currey	30 Pre-Deployment Brief 1430-1530				

Workshop/Event	Description
Pre-registration required by contacting the A&FRC, unless otherwise noted	
A&FRC Newcomer Orientation <i>**Register on Appointment Plus:</i> https://booknow.appointment-plus.com/9rm3mcns/	Virtual Newcomer Orientation provides all newly assigned Members; Active Duty, DoD Civilians/ Contractors, GSU's and Spouses with information from various base agencies to assist in their assimilation to the KMC.
Department of Labor (DoL) Employment Track (2-Day)	Employment Track assists members seeking employment with job search skills, resume writing, interviewing, networking, and salary negotiations using labor market information and federal employment hiring guidelines.
Ditching the Dorms	This class is a partnership with Dorm Management to ensure that all Airmen moving out of the dorms receive financial education and create a projected spend plan with updated entitlements and expenses. Assists with improving financial preparedness.
FTAC Financial Readiness Brief	First Term Airmen learn the basics of financial management, financial planning, budgeting, saving & investing, car buying, debt reduction, & credit management. Mandatory voting assistance information is also provided.
German Culture Orientation	Class is beneficial for newcomers, recently arrived at Ramstein/Germany, to receive information on German culture, customs, courtesies, and laws. Other topics include travelling throughout Germany and Europe, as well as shopping on the economy, and off-base leisure activities.
Hearts Apart & EFMP Adult Paint & Mingle	Adults of Heart Apart & EFMP will meet for an instructed paint class led by Ramstein Arts & Craft Center Staff . Multi-Purpose Room (MPR) in Building 411.
Key Leadership Immersion	Virtual Presentation on zoom.gov. Newly appointed leaders will receive required briefings by agencies to include but not limited to Mental Health, IG, Wing Safety, EEO, SAPR, A&FRC.
Key Spouse Initial Training	Initial training for newly designated Key Spouses. Modules are under the new guidance and changes put out by the AF streamlined information covering 8 core modules.
Key Spouse Luncheon	Key Spouses and Mentors can network and hear from Wing Leadership or agencies about our community.
Suicide Myth Busters	This briefing fosters military connectedness and promotes open discussion about suicide risks and prevention. Thus, we are encouraging our MFLC Counselors to promote this briefing and seek opportunities to offer it as a formal presentation or a counseling tool in group and individual sessions.
Plan My Move	Prepares members and families to PCS.
Pre-Deployment Brief	Overview of deployment fundamentals and programs and services available to member and family members.
Raising Financially Fit Children	Discussion of raising money smart children. We will discuss allowances, chores, saving, and a variety of other topics for the parents of children from preschoolers to teenagers.
Transition 3-Day Workshop	The 3-day Transition Workshop includes Pre-Separation brief, DoD/AF day, DoL 1 Day Employment Workshop, and VA Benefits and Services briefing. Workshop is designed to prepare military members and their families as they transition to the civilian sector. Prerequisite: Initial Counseling.
Senior Transition Workshop	Five-day Transition Workshop targeted toward O-6 and E-9's. Workshop is designed to prepare military members and their families as they transition to the civilian sector. Prerequisite: Initial Counseling.
Volunteering in the KMC	Learn about volunteer opportunities and the process for becoming a volunteer in the KMC.
A&FRC DSN: 314-480-5100/COMM: 06371-47-5100	

Airman & Family Readiness Center

Hearts Apart



EFMP Family Support

Adult Paint & Mingle

8 & 16
November
2021

1000-1230

Ramstein Arts & Craft Center,
Multi-Purpose Room (MPR)
in Building 411,
between the Community Center
and Library

To register, please email A&FRC @
86FSS.FSH.AFRC@us.af.mil
or call

DSN 480-5100 or
CIV 06371-47-5100



AIRMAN & FAMILY READINESS CENTER

RAISING



FINANCIALLY FIT

CHILDREN

13 MAY • 12 AUG • 4 NOV: 1000-1100

JOIN THE A&FRC AS WE DISCUSS RAISING MONEY SMART CHILDREN. WE WILL DISCUSS ALLOWANCES, CHORES, SAVING, AS WELL AS A VARIETY OF TOPICS FOR THE PARENTS OF CHILDREN FROM PRESCHOOLERS TO TEENAGERS.

FOR MORE INFORMATION OR TO REGISTER, CONTACT THE AIRMAN & FAMILY READINESS CENTER



AIRMAN & FAMILY READINESS CENTER
BLDG. 2120
DSN: 480-5100 | CIV: 06371-47-5100

86th
FORCE
SUPPORT SQUADRON



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 in-person appointments, phone or Zoom)

Bruce King | Phone: 0151 5674 8179

Mary Beth Currey | Phone: 0152 2607 9170

Kimberly Turner | Phone: 0152 2607 9489

Victoria Moore | Phone: 0162 471 5603

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





preTEEN

HANGOUT

FOR AGES 9-12

FUN
ACTIVITIES

\$15

DUE AT REGISTRATION

FOOD &
GAMES!

- **22 OCTOBER • 1830-2230** | REGISTER 12-20 OCTOBER
- **20 NOVEMBER • 1200-1600** | REGISTER 2-17 NOVEMBER
- **17 DECEMBER • 1830-2230** | REGISTER 1-15 DECEMBER

CONTACT US:

RAMSTEIN: 06371-47-6444

CONTACT US:

VOGELWEH: 0631-536-6504

NOVEMBER

TEEN TAKEOVER

Ramstein/Vogelweh Teen Center
Bldg. 411 DSN: 489-3099 or 0613-47-3099
Bldg. 2019 DSN: 489-4253 or 0613-336-4253

IN - PERSON • ACTS OF KINDNESS
5 NOV • 1500 - 2000

IN - PERSON • OH THE PLACES YOU'LL GO
19 NOV • 1500 - 2000

FOLLOW US ON IG FOR OUR NOVEMBER SOCIAL MEDIA COMPETITION

KEYSTONE MEETINGS FROM 1600 - 1700 AT IN-PERSON MEETINGS

One-time registration by parent or guardian for in-person programming
AF 88 MUST be filled out prior to entrance into the center
Please email teenvogelweh@gmail.com to sign up



ANTIQUE & CRAFT FAIR

2-3 6-7 4-5
October November December

SATURDAYS: 1000-1700

SUNDAYS: 1100-1700

**THE PERFECT PLACE TO FIND SOME
FALL & HOLIDAY INSPIRATION
FOR YOUR HOME!**

Visit the Ramstein Community Center,
where more than 30 vendors will feature a variety of items,
including jewelry, paintings, food, and home accessories.



Ramstein Community Center, Bldg 412
DSN 480-6600/7187 or CIV 06371-47-6600/7187

RAMSTEIN COMMUNITY CENTER



FITNESS COURSES

Monday: Yoga 1700-1745



Tuesday: Fitness Dance
1700-1800

Wednesday: Yoga
1700-1745

Thursday: Fitness Dance
1700-1800

\$7 per course

OR you can buy a punch pass that includes
10 classes + 2 bonus classes

-  All classes will have a limited space of 10 people
-  Registration is required to attend the class

COVID restrictions **apply**

DSN: 480-6600 CIV: 06371-47-6600



Thanksgiving Special



Smoked Turkey

Now through
22 November!

*Reserve a smoked Thanksgiving turkey for your holiday meal
and take off the stress of cooking for the holidays!*

**SPECIAL
PICK-UP DISCOUNT!**
\$75 on 26 Nov
and \$85 on 27 Nov

**Turkeys & sides can be picked up:
26-27 November at 1100-1700, 28 November at 1100-1300.**

Club members get a 5% discount.

Fore more information or to place an order, please call the Flying Pig.

THE FLYING PIG
Bar-B-Que

located at Ramstein Community Center, Bldg. 412
DSN 480-2908/6200 • CIV 06371-47-2908/6200
www.86fss.com

FORCE
SUPPORT SQUADRON

DON'T MISS IT! 17:30 - 18:30

NEW YORK TIMES BESTSELLER

"What Mailhot has accomplished in this exquisite book is brilliance both raw and refined." —ROXANE GAY, author of *Hunger*

HEART BERRIES

A Memoir



TERESE MARIE
MAILHOT

BOOK CLUB

JOIN US AS WE CELEBRATE NATIVE
AMERICAN HERITAGE MONTH

*A powerful, poetic memoir of a woman's
coming of age on the Seabird Island Indian
Reservation found in the Pacific Northwest*

WEDNESDAY 17 NOVEMBER ...
AT VOGELWEH LIBRARY

POKÉMON PALS

Do you like Pokémon?

Join fellow Pokémon Pals at the
Vogelweh Library each month for fun activities and games.
With your parent's approval, you may also share and trade cards.

When:
9 NOVEMBER
1530



Who:
ALL POKÉMON
TRAINERS IN
GRADES K-8



Vogelweh Library, Bldg. 2059
DSN 489-7665 | CIV 0631-536-7665



Ramstein Outdoor Recreation presents

LOCAL MOUNTAIN BIKING TOUR

21 November
1200 - 1700, LOCAL

Single Airmen Only - FREE Event

Previous mountain biking experience required.

Sign-up by 17 November!

A single track ride on the trails
around KAISERSLAUTERN with a stop
at the beautiful HUMBERGTURM.

For more information, please contact the
Ramstein Outdoor Recreation Center
KMCC Bldg. 3336 • DSN 480-5705 or CIV 06371-47-5705
www.86fss.com



SINGLE AIRMAN



Dinosaur Sleepover



Nov 4 2021

Check-in your dinosaur to the Dino-Snore Hotel at the Landstuhl Library by 5:30 p.m. on Thursday, Nov. 4 for a sleepover full of fun. Checkout time for snoozing dinosaurs is from 1 to 4:30 p.m., Friday, Nov. 5. with picture proof of all the fun they had!

This program is free and open for ID card holders of all ages.

For more information contact:

Landstuhl Library

Landstuhl Post, Bldg. 3810

DSN: (314) 486-7322

Commercial: +49 (0)6371-86-7322

Cost

FREE

Program

Landstuhl Library

Brussels Express

Eat your way through **Brussels**, the most delicious city in Europe!



Nov 6 2021

Eat your way through **Brussels**, the most delicious city in Europe!

The flavors of Brussels are too many to list, and are sure to please any palate! Brussels is a **diverse city** with something for all tastes, featuring classical to modern **architecture, shopping, dining, brewing, and more**. Visit the **Atomium** and **Mini-Europe**, where you can enjoy panoramic views from the top of this one-of-a-kind structure. See legendary local landmarks like **Mannekin Pis**. Enjoy **Grand Place**, the "most beautiful square in Europe", surrounded by historic buildings and medieval guild houses. Sample the famous Belgian cuisine! Start your day off with **Belgian Waffles**, lunch on pub grub and **trappist or lambic beers** (found only in Belgium), and feast on a plate of mussels and fries. Before you go, make sure to download a **free electronic travel guidebook** from Army Libraries.

Reserve your space for this delicious day trip with **Kaiserslautern Outdoor Recreation** today!

Price:

- Adults: \$89 per person
- Children under 12: \$69 p.c.

Paris Express

Prepare for an exciting day, full of sightseeing in **Paris**, the City of Light!



Nov 6 2021

Prepare for an exciting day, full of sightseeing in **Paris**, the City of Light!

Enjoy the view from the viewing platform of the **Eiffel Tower** or the rooftop terrace Tour Montparnasse (**the only place in Paris where you can't see the ugliest building in town**), ride the RER to **Versailles**, take the "secret" back entrance into the **Louvre** and skip the line to see the **Mona Lisa**. With no tour guide to follow or pre-planned sight-seeing schedule to adhere to, you are free to explore the "most romantic city in the world" however you wish.

If you asked 50 different people to describe the best way to spend a day in Paris, you would get 50 different answers. Don't settle for **someone else's pre-packaged day** in Paris seeing what they want you to see. When you **download a free e-travelguide** for your phone or tablet from **Army Libraries** you can make your trip to Paris your own.

Why pay more for your perfect day in Paris? Reserve your space with **Kasierslautern Outdoor Recreation** today!

Price:

- Adults: \$99 per person
- Children under 12: \$79 p.c.

Ski Express Season Opener - Stubai Glacier

Winter is coming, but ski season is already here!



Nov 6 2021

Ride the **Ski Express** to **one of the best slopeside parties** around, the **Moreboards Stubai Zoo Season Opener**.

Part of the fun of pre-season skiing is attending the **slopeside events** which **celebrate everyone's excitement about the upcoming ski season!** The **Stubai Zoo Season Opener** on the Stubai Glacier is targeted at new-school skiers and riders, but absolutely **everyone is invited and encouraged to attend this event**. A diverse program featuring **Jib Battles, Trick Sessions, Snowboard and Rookie Contests, Video Workshops and Girls' Camps** will be waiting for you on the glacier. Whether or not you take part in the new school fun, this **early season ski express** is sure to be an **amazing opening to an epic ski season**.

Don't miss this freestyle festival atop the Stubai Glacier! **Reserve your space today with Kaiserslautern Outdoor Recreation!**

Price:

- Ski Express: \$99 per person
- Clothing Rental: \$5 per item

Trip Includes:

- Round trip transportation
- **Free Ski Equipment Rental**

- **Lift Tickets not included**

Kaiserslautern SKIES Unlimited Gymnastics



Kaiserslautern SKIES Unlimited Program announces youth gymnastics for the Fall 2021 Season.

Times and fees vary depending on age. For more information or to register, contact:

Parent Central Services

DSN: (314) 541-9065 OR (314) 541-9066 OR (314) 541-9067

Commercial: +49 (0)611-143-541-9065 OR +49 (0)611-143-541-90656 OR +49 (0)611-143-541-9067

Trout Fishing

Get back to nature, relax, and enjoy a day of **trout fishing**.



Nov 7 2021, 7 am

Get back to nature, relax, and enjoy a day of **trout fishing**.

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: \$69 per person
- Children 6-11: \$49 p.p.
- Children under 6: \$29 p.p.
- **Self Drive Discount:** Drive yourself to the trout pond and enjoy a **\$10 per person discount**.

Price Includes:

- Round trip transportation
- Entry fees, fishing gear and bait (**or use your own**)
- Coolers and ice

What to bring:

- Comfortable, weather appropriate shoes and clothing
- Snacks and cooler or **Euro** for lunch
- Fishing equipment, bait, chair
- Military ID

Departure: 7 a.m.

Return: Around 4 p.m.

Winter Youth Sports Registration

WINTER YOUTH SPORTS

REGISTRATION NOV. 1 - 29



Registration for winter youth sports is open between Nov. 1 to 29 (or when teams are full).

Sports offered:

Basketball (ages 5-15)

Wrestling (ages 8-14)

Cheerleading (ages 8-15)

Bowling (ages 10-15)

Basketball and cheerleading are offered on Landstuhl Post and Sembach Kaserne, bowling on Ramstein Air Base. The location for wrestling has not yet been determined.

For more information or to register, contact:

Parent Central Services

DSN: (314) 541-9065 or (314) 541-9066 or (314) 541-9067

Commercial: +49 (0)611-143-541-9065 or +49 (0)611-143-541-9066 or +49 (0)611-143-541-9067

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Black Forest Hike and Tour



Nov 6 2021, 6 am - 10 pm

Spend the day in Germany's famous Black Forest!

What better place to see than Triberg Germany. Start off with a hike to one of Germany's tallest waterfalls. From there we will head into Triberg where you can soak up all the village has to offer. Enjoy multiple Cuckoo clock shops to include the infamous House of 1,000 Clocks. The day wouldn't be complete with out some Black Forest Ham, Cherry Brandy, and of course Chocolate Cake (schwarzwälder kirschtorte).

Don't wait, sign up today with your local Baumholder ODR!

Cost

\$69 Per Person

\$49 Per Child 12 and under

Eifel 2 Castle Tour



Nov 13 2021, 8 am - 6 pm

Spend the morning at Burg Eltz the Eifel's Fairytale Castle.

Eltz Castle has survived all wars unscathed for over 850 years. Since its construction until today, it has been owned and cared for by a single family. It has an incomparable architecture and an original furnishings from eight centuries. It offers an armory and treasury with world-class gold and silver work. It stands on a rock and is still in the valley. It is nestled in the Eltz Forest, a nature reserve of great scenic beauty and full of rare plants and animals. It is also located in the middle of an attractive hiking area, with the award-winning dream trail "Eltzer Burgpanorama".

Your day is not finish there, that afternoon we will travel to Cochem Castel.

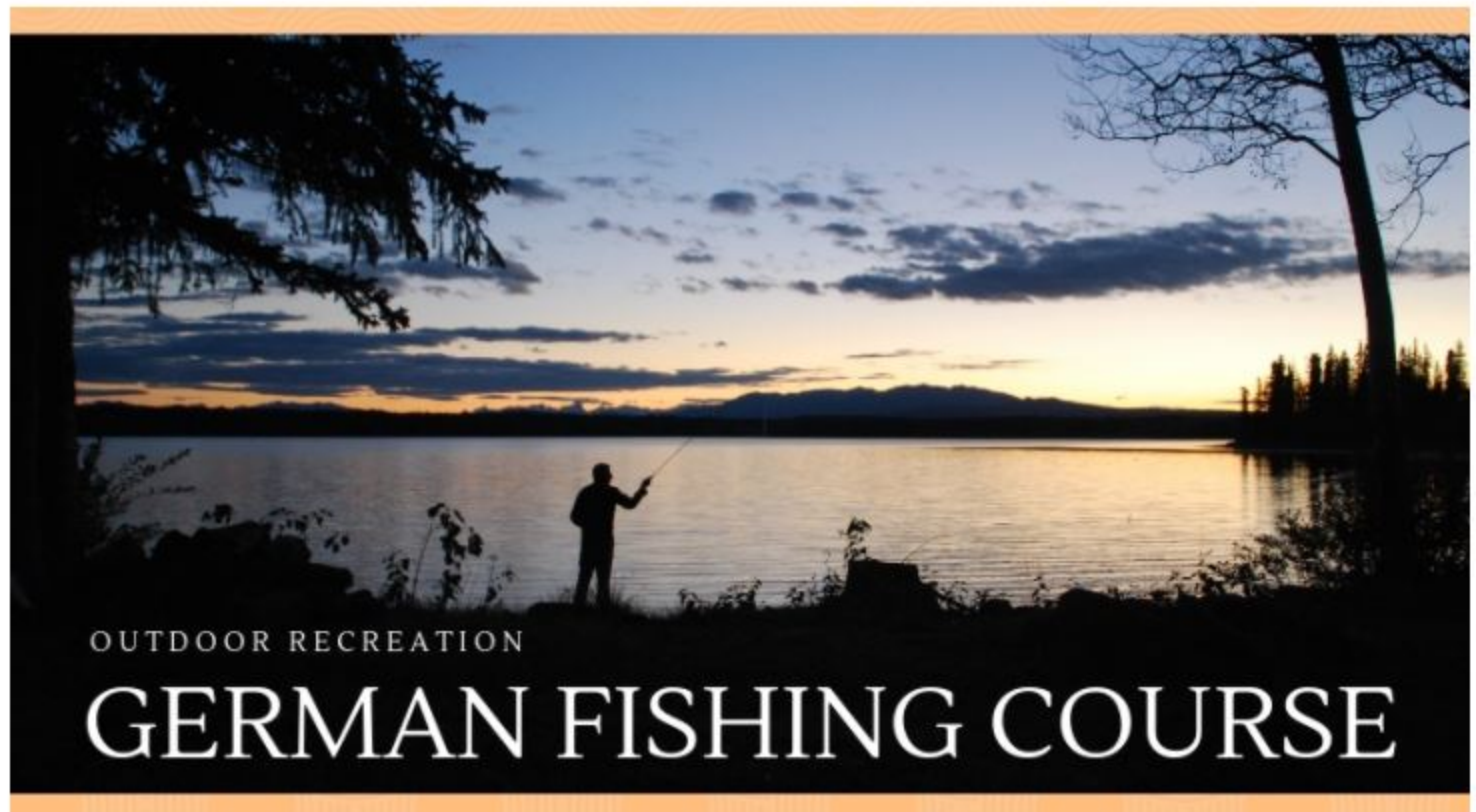
High above Cochem, the castle rises on mighty rock. With its bay windows and battlements, it is a charming sight. The medieval imperial castle, which was damaged in the ownership of the Electors of Trier during the Palatinate War of Succession, was lovingly restored by the Berlin Council of Commerce, Louis Ravené, in the course of the castle romanticism in the 19th century and rebuilt in neo-Gothic style. Here the visitor experiences an impressive design of the interiors, such as knight's hall, dining room, hunting room, Kemenate, etc.

Cost

Adults: \$59 per person

Children under 12: \$49

German Fishing Course



Nov 13 2021, 8 am - Nov 14 2021, 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.

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

Cost

\$60 per individual

\$100 per family

Trout Fishing



Nov 7 2021, 7:30 am - 4 pm

Get back to nature, relax, and enjoy a day of trout fishing.

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.

Price Includes:

Round trip transportation

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

Coolers and ice

TKS

**WORLDWIDE
STRATEGIC
PARTNER**



UNITED



A STAR ALLIANCE MEMBER



BOARDING PASS

WIN A TRIP

HOME FOR THE HOLIDAYS



Europe

NAME

MILITARY MEMBERS E1-E4, SINGLE UNMARRIED

FROM

**CURRENT DUTY STATION
IN EUROPEAN THEATER**

TO

CONTINENTAL USA

DATES

NOVEMBER 1st - 22nd



CWT
SatoTravel

******USO Europe: HOME FOR THE HOLIDAYS******

USO wants to send YOU Home for the Holidays! Are you an active duty service member, single/unmarried, E1-E4 stationed in European theater? You could be one of 8 lucky troops to win round trip airfare stateside from [United](#) & [CWTSatoTravel](#) along with a free Smartphone and Easy TV app courtesy of [TKSCable](#) and a \$100 gift card from [USAA](#) . Registration is FREE and is open from 1-22 November , winners being announced on USO Europe social media on 24 November. Register at https://uso.formstack.com/.../uso_europe_2021_home_for.

USO Kaiserslautern: Join the USO November 5th as we host a small gathering for military spouses to connect with each other while enjoying a cup of coffee. This is a great way to network, share advice, discuss local events, and meet new friends! All spouses of currently-serving military members are welcome. Register by clicking the link. <https://web.cvent.com/.../b789e20b-db1c-400c-aae2.../summary>

USO Baumholder: National Sandwich Day-Paninis. November 3rd @1130. USO Baumholder is celebrating National Sandwich day with PANINIS! Stop by the USO Baumholder during lunch and enjoy a delicious Panini sandwich. All food programs are first-come, first served. Make sure to stop by and come hungry!

USO Warrior Center: Join USO Warrior Center for a delicious dinner this Wednesday, 3rd November at 1730. Active Duty Only.

USO Warrior Center: Join USO Warrior Center for a Bonfire and treats this Friday, 5th November at 1700. Active Duty Only.

USO Transitions: Are you a service member transitioning to civilian life? Or a military spouse charting your career path? Join the USO (November 4) at 11 a.m. ET for our "Mastering LinkedIn" workshop to help you navigate your career journey. Register here: bit.ly/04NovUSO #USOTransitions