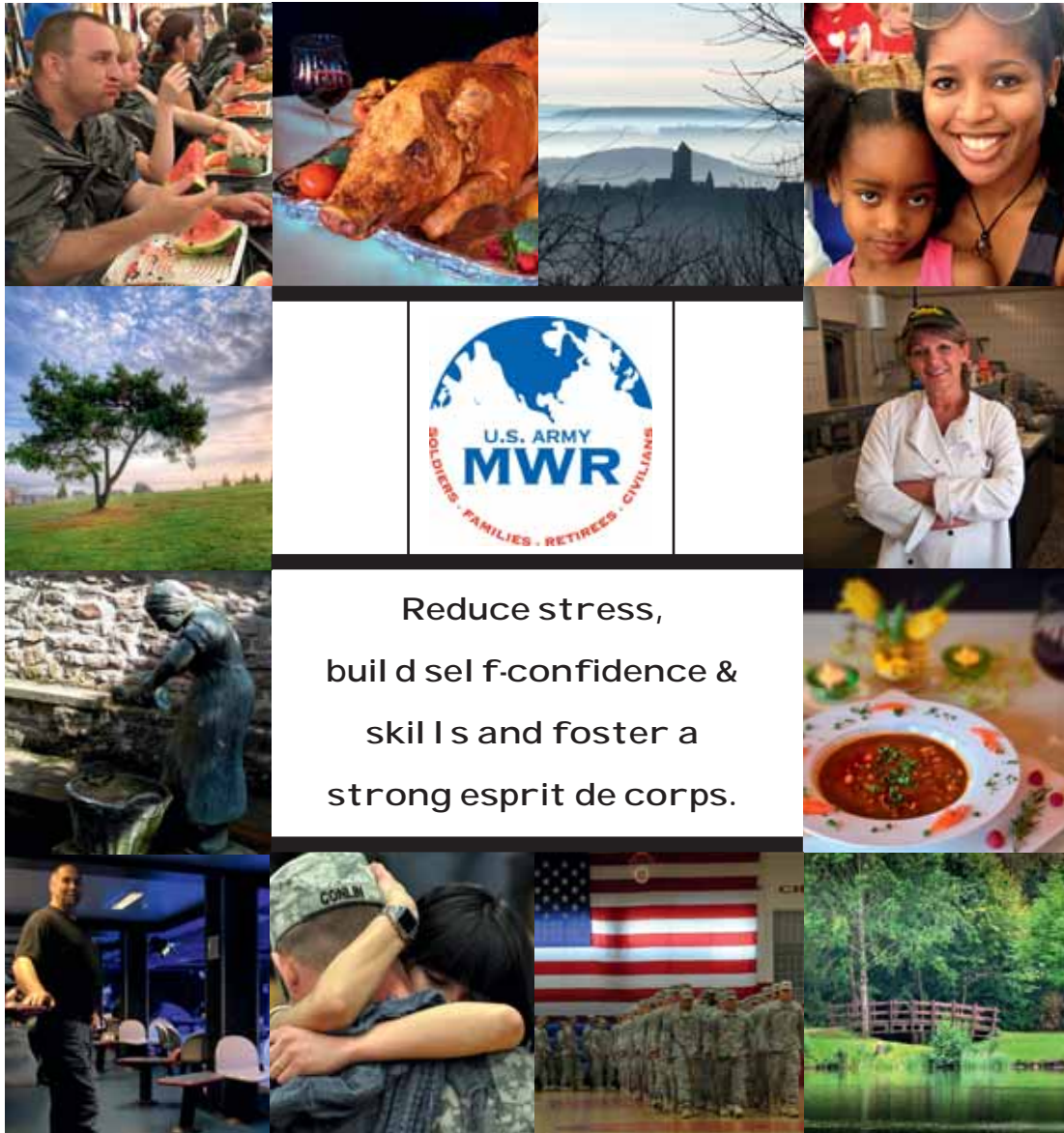




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A photograph of several call center agents wearing headsets, smiling and working in a bright office environment. The focus is on a woman in the foreground on the left, with others blurred in the background.

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*...know someone who needs a job? Contact Morale, Welfare and Recreation to find out about available positions at Non-appropriated Fund Civilian Personnel Office (NAF CPO at 485-6566 or 06783-6-6566) 0049-0-6783-6-1630 or 485-1630.*

**Where to start your job search**  
*Contact the employment readiness advisor in Baumholder at 485-8188. The employment readiness advisor offers help with resumes and can answer a plethora of employment questions.*

**Get paid to be creative**  
*The Art and Craft Center in Baumholder is looking for paid and volunteer teachers for classes such as floral arranging, sewing, quilting, pottery, painting (acrylic, oil and/or watercolor), drawing, sculpting, food art, cake decorating and photography. For more info call DSN 485-6687 or 06783-66687 or come by the Art Center M-F 11 a.m. - 6 p.m. Sa Noon - 5 p.m. or email: artscenter@eur.army.mil*

**Get your work published**  
*Do you have a talent for writing or photography? We are interested in publishing sports, travel, special event and feature stories from the Baumholder Military Community. If you want to have your photos or writing published contact the marketing office at 485-6263 or +49(0)6783-6-6263.*

**Volunteer Umpires Youth Sports**  
*CYSS Sports in Baumholder is looking for folks interested in contributing their time to enhance the CYSS Youth program by working as volunteer umpires. CYSS offers free umpire training and certification. If you are interested in participating contact CYSS Sports Assistant at 485-8249 or 0049-0-6783-6-8249. Make a difference in the lives of our youth - support them through team sports.*

**SKIES Instructors Needed**  
*Make money, tutor or teach children skills such as cooking, sewing, art, music, dancing or any special skill*

*or craft of which you have firsthand knowledge or experience. Contact SKIES at mil 485-7276 or civ (06783) 6-7276.*

**Coaches needed**  
*Coaches and officials are always needed for sporting events; for more information on how to become a coach or official, call the Baumholder Sports Office at (06783) 6-6671 or mil 485-6671/7176/6615.*

**Certified Fitness Instructors Needed**  
*Are you a Certified Group Exercise Instructor or Personal Trainer? Do you teach martial arts or dance classes for adults? For details on becoming an instructor for the Baumholder Physical Fitness Centers, call (06783) -6-6671 or mil 485-6671/7418.*

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*Family and MWR contributes to the Army's strength and readiness by offering services that reduce stress, build skills and self-confidence and foster strong esprit de corps. FMWR services also help the Army attract and retain talented people. Professionals don't see work as just a job to be done or merely a source of money. They see work as service to others. They labor toward the betterment of other people, directly or indirectly: customers, employers, and coworkers.*



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Photo by Alice Verberne

Thallichtenberg castle located seven miles from the town of Baumholder in the direction of Kusel. The castle offers a full schedule of events to include medieval markets such as the holiday market Nov. 26-27, 2011, Easter and summer fests.

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On the cover from left to right: watermelon eating contest at the Independence Day celebration, whole roasted pig from the kitchen of Siggie Zimmer, sunrise over Thallichtenberg castle near Baumholder, Rolling Hills Golf course at sunrise, chef Siggie Zimmer, bronze sculpture of washer woman in downtown Baumholder, one of the famous dishes made at the Rheinlander Community Club, Bill Clark from Striker's Bowling Center, Baumholder Welcome Home ceremony, troops return from down range, bridge at the lake in downtown Baumholder.

**Special thanks to Cassandra Hickmon and Stephanie Santos for their contribution in producing this magazine and other creative projects for the USAG Baumholder Marketing Office.**

Creative direction  
**Alice Verberne**

Family and MWR Marketing Office

Dragon Circle Bldg 8680, Room 209, Baumholder, Germany 55774  
Box 18, Unit 23746, APO AE 09034 . 49-6783-66263; 314-485-6263

The USAG Baumholder Family & MWR Marketing Division is responsible for the production of the Rock Magazine, which is the unofficial annual magazine for Family and Morale, Welfare and Recreation (Family and MWR) activities within the Baumholder Military Community. Contents are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, or the U.S. European Command. The distribution, mentions or use of any sponsors products, services, or funds by the U.S. Army does not express or imply an endorsement of the sponsor. All submissions are subject to editing. The appearance of paid advertisements in this magazine does not constitute endorsement by the DoD, the United States Army or the USAG Baumholder MWR fund. Everything advertised in this magazine shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical/mental handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy is confirmed, MWR shall refuse to accept advertising from that source until the violation is corrected. The information in this issue is current at the time of publication. Activities and events are subject to change. For confirmation, please contact the facility.  
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Inh. Gerd Zimmer

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from the editor

# Intel on the Rock getting in the know

story by Alice Verberne, Baumholder Family and MWR Marketing  
photo of downtown Baumholder by David Delisio

**M**oving to a new location can be discombobulating. Family and MWR Baumholder wants to make friends with you through this publication to give you valuable resources. We'll give you contacts so that you have the ability to find us and all the wonderful programming offered especially for you at your fingertips. Here are a few tips that we hope will make you feel more at home. Remember, if you need anything, you may find us quickly by searching social media.



## ***Welcome to Baumholder***

Take your time to relax and enjoy the possibilities of our activities.

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For more information:

Verbandsgemeindeverwaltung Baumholder

Am Weiherdamm 1 - 55774 Baumholder

Phone: 06783-81-0 - Fax: 06783-81-60

[tourismus@vgv-baumholder.de](mailto:tourismus@vgv-baumholder.de) - [www.vgv-baumholder.de](http://www.vgv-baumholder.de)

[info@baumholder.de](mailto:info@baumholder.de) - [www.baumholder.de](http://www.baumholder.de)







Photo by David Delisio

**The Rock**

You may hear locals refer to your new home of Baumholder as the "Home of Champions" or "The Rock." These are terms to describe our 31,000

acres of varied terrain to the north and northeast of the actual city of Baumholder (one of the largest military training areas in Germany). Baumholder is located just 30 miles

from the French/Luxemburg border offering locals options for quick day trips from "the Rock." Another convenience is that the military community of Baumholder (which encom-

passes Wetzlar, Upper Wetzlar and Smith Barracks) and the German city of Baumholder are all a walking distance from Garrison Headquarters.

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It is like being centered on a university campus. To learn more about what is happening in Baumholder check the following resources for happenings on post.

The Herald Union is your community newspaper and is published twice monthly with MWR community roundups usually found around page 8.

Folks are invited to submit photos/articles to the Herald Union. The Herald Union is your community newspaper, so add to the excitement by sharing travel and other local photos of community events. Submissions may be sent to usagwiesbadenpao@eur.army.mil. The online version of the paper may be found at www.baumholder.army.mil.

Your local resource for international print news can be found in Stars and Stripes, your daily European based American English language newspaper focusing on military news. The popular Travel Edition prints every Thursday and the online version of the paper may be found at www.stripes.com.

Radio station Armed Forces Network radio is available by dialing into FM 100.2 for the Kaiserslautern area and FM 106.1 in Baumholder. Guest speakers from Baumholder speak on the air regularly about upcoming FMWR events and activities, weekdays at 5 p.m.; so tune in to find out what is happening.

For real-time info, follow us on Facebook: keyword search Baumholder FMWR in the search engine once you have logged into the site.

Check out the bulletin board facing the area where the community mailroom distributes packages, bldg 8667. Posters on FMWR upcoming events and activities for FMWR are located in the glass case.

Those of you interested in children's activities should look at the Child, Youth, School Services (CYSS) board on in the glass case to the far right of the MWR case.

Finally, updates are continually posted on digital signage in select Family and MWR facilities and on the five outdoor mar-quees located in various areas around Smith Barracks.

Helpful tips Need a number? go to <https://phonebook.2sigbde.army.mil/index.html>



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Asaya and Gabrielle Guscott at a FMWR special event; flags fly over the community mailroom; Patrice McCray, CJ Black, LTC McAadoo, Ignacio (Iggy) Rubalcava, James Chen and Bernd Mai socialize at the Rheinlander Community Club. Photos by Alice Verberne. Photo of Soldiers walking to Shooter's on Smith Barracks in winter by Chris Laurion.

## Places to have a drink & socialize

free wifi

coffee specials

### Java Cafe

Mon.-Fri.: 7 a.m.-6 p.m.,  
Sat. 8am – 5 p.m.  
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### Coffee favorites

White Chocolate  
Macadamia Nut Latte  
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Photos of Soldiers gaming at the Warrior Zone by Kiesha Richardson. Photo of bar tender at the July 4th celebration in Baumholder and Java Cafe employee by Alice Verberne



the coffee specials that are updated throughout the year to reflect the changing seasons.

**Siggi's signature cuisine available at the Java Café**

Are you just too busy for lunch? Grab one of Siggi Zimmer's specialty sandwiches or wraps at the Java Cafe. Siggi currently offers a selection of grilled chicken, ham and turkey made daily at the Rheinlander and brought to at the Java Café counter wrapped and ready to take-out.

**Interim Warrior Zone**

Mon-Thurs 12 p.m. – 8 p.m. Fri-Sun  
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 In the CMR BLDG. 8661,  
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 Ongoing events: Themed movie  
 marathon every Sunday at 2 p.m.

The key feature of the Interim Warrior Zone is its techno-

logy. The facility offers Free Internet Access, live action video, online multi-player competitions, home theater viewing, advanced sound systems and an ice hockey table. They have three major video gaming consoles, PS3, Xbox 360 and the Wii, with over 50 games and over 100 movies from which to select.

The Warrior Zone is a Soldier-only facility but guests are welcome when accompanied by their sponsor/friend. Soldiers are allowed to bring in food to the facility. Aside from having computers that are used for entertainment purposes, single Soldiers have free computers to handle personal business such as checking bank accounts or Leave and Earnings Statement and to contact loved ones. Computers are CAC enabled for soldiers who want/need to do a little bit of training to advance their careers.

Baumholder's Interim Warrior Zone is only the beginning, plans to build a new much larger facility are currently under way. The new center will include a bar, kitchen, a lounge, flat screen TVs, pool tables and several gaming stations among other amenities aimed at taking the edge off of the rigors of life in the Army.

**Nick's place**

at Shooters Sports Bar & Diner Bldg 8167 Next to Outdoor Recreation and just down the hill from the Shoppette on Smith Barracks.

Nick Colbert, manager of Nick's place located in the Shooter's building next to ODR offers a variety of food and beverage options just walking distance from the single Soldier barracks. Try the awesome chicken wings with your choice of buffalo, sweet and spicy, bbq, teriyaki or honey mustard.

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**Tuesday - Kids Night**

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**Wednesday - closed**

**Thursday - Ladies Night**

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**Sunday - Sports Night**

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+49-0-6783-6-6569 or 485-6569*

*Strike Zone Snack Bar  
Bldg. 8105 Smith Barracks  
Mon-Thurs 11:30 a.m.-9 p.m.  
Fri-Sat 11:30 a.m.-10 p.m.  
Sun & U.S. Holidays 1 p.m.-8 p.m.  
(06783) 6-6569 or DSN 485-6569.*

## Birthdays Party Program

Take the stress out of planning your next birthday party. \$13.95 pp includes: themed plates, cups, cutlery, napkins, curling ribbon and balloons, 2 slices of pizza and drinks, 2 hours unlimited bowling w/ shoe rental, bowling coupon per person and more all set up by Bowling Center staff.

## Sunday

Mommy, Daddy N' Me- 1300-1700, Kids 12 and under bowl for free if their parent or legal guardian bowls with them. Shoes not included.

## Monday

Soldier Time Bowling- 1130-1600 Military in uniform bowl for \$0.50 a game. Shoes not included  
Civilian Time Bowling- 1130-1600 Civilians bowl for \$1 a game. Shoes not included

## Tuesday

Penny Per Pin- 1130-1600 Pay a penny per pin. If the total of all games bowled totals 375, you only pay \$3.75 for your games. Shoes not included.

**Retro Bowl** - 1600-2300 Listen to the classic sounds of the Fifties and Sixties and pay Fifties prices. Shoes and games all cost \$0.50 each.

## Wednesday

Customer Appreciation Day - 1130-1400 Purchase a combination meal and bowl 1 game for free when you show your receipt to the Bowling Counter Attendant. Shoes not included.

## Thursday

Under Cover Pin- (All Day Long) If the head pin is in disguise and you bowl a strike, you win a free game coupon.

## Friday

2 for 1- (All Day Long), Each person can bowl two games for the price of one. Shoes not included.

## Saturday

Party Time Bowling- 2000-2300, \$3 per game with Lights Down-Music Up! If the head pin is colored and you bowl a strike, you win a free game coupon. Shoes not included.  
U.S. Holiday Celebrations - (All Day Long) \$1 per game, \$1 per shoes.



Photo of Bill Clark at Striker's bowling center

Bowling Rates, Adults and Youth  
\$2.25 Open Bowling  
\$1.75 Shoe rental  
Note: times and prices subject to change.

**B.O.S.S. Better Opportunities for Single Soldiers**  
485-8251 or +49-0-6783-6-8251. Across the street from the PX. BLDG. 8698



**06789 - 97300**  
**scrap and non-ferrous metal**

- We buy from businesses and private households
- Daily top prices for small quantities upon delivery
- For larger quantities we will gladly provide containers

**Low-priced remaining stock sale of tools and small appliances**

**Monday to Friday  
From 8.00 am to 12.00 noon and  
from 1.00 am to 5.00 pm**

**Josef Keller GmbH  
55779 Heimbach/Nahe  
Hauptstraße 57-59**

**www.schrott-keller.de**



## Holiday Cottage in Saxon Switzerland

- 4 km to the Ragiswalde ski region
- 30 km to Dresden
- 170 km to Prague

- up to 7 people
- 140 m<sup>2</sup>
- 3 doubles
- 1 children's room
- 2 bathrooms
- 1 guest bathroom



price: 150 €/day  
departure cleaning: 100 €

Please speak with Monika Heidrich under 01 51/120397 20 if you're interested.





by Alice Verberne. Photo at Rolling Hills Golf Course by David Delisio.

**BOSS Adopt-a-Road program**

BOSS members meet once a month to help keep streets tidy. Adopt-a-Road is way for BOSS members to get involved in their community and make a difference in keeping our environment clean. Earn promotion points, help the Baumholder Military Community, and stay involved; join today. **BOSS Soldiers meet at the Warrior Zone** once per month to go over Quality of Life issues and put forward input on how to improve their program. **BOSS Trips** happen the last Saturday of every month to locations in Germany and surrounding European countries. BOSS Soldiers are encouraged to obtain a tourist passport in order to participate on the maximum options of trips locations available. Participants must be a single soldier or a geographical bachelor to participate in activities.

*Rolling Hills Golf Course  
Weekdays- 9 am to 8 pm, weekends/  
holidays- 8am to 8 pm.  
Upper Wetzel Kaserne, Bldg 8888,  
near the swimming pool.  
485-7299 or +49-0-6783-6-7299*

**Rolling Hills Golf Course** is a 9 hole golf course, with practice green, driving range, pro shop, and club house. A variety of golfing opportunities exist including normal open play, tournaments of different types and styles of play, and instruction from child to adult. The course is open year round (except Thanksgiving, Christmas, and New Year's Day[s]) and available to anyone age 6 and up. Children, 15 and under, must have adult supervision.

**Driving Range and practice facilities**

Tokens are available for purchase at the pro shop. Practice facilities

**stay active all year-round**

ties are state of the art with a full practice green for improving putting skills to the driving range with open air and covered stations, two teaching booths and sand bunker.

**Cart Fees:** \$16 for 9-holes / \$26 for 18-holes; total fee per cart (1 or 2 riders)

The **pro shop** carries an assortment of golfing products, by some of the game's biggest names in clubs, balls, shoes, gloves, clothing and accessories. If they don't have what you want in stock, the pros at the shop will be happy to special order it for you at no extra cost. Don't miss the holiday and winter sales offered every year.

**Club house**

The club house seats up to 60 people. The Rolling Hills Club party room is available for \$75 for small functions of up to 60 people; great for retirement or hail and farewells.

**Mens/Ladies Days** are typically held on Wednesday and usually start in May and end sometime in November, depending on the weather.

Non-members need to pay greens fees for all events. All sign-up for tournaments deadlines are the last working day before tournament starts. To complete tournament registration, the player must pay for the event in advance. Keep in mind that persons who sign up for

a tournament and do not show up will not receive a refund.

The golf course is open for public play 15 minutes after the last group tees off in events that require tee times. Golf course will open for public play 15 minutes after the last group passes the first tee in Shotgun Start tournaments.

**US - Rolling Hills Golf Course sponsored event** Entry fee is generally \$35 for members and \$40 for non-members, (except Club Champs. which is \$60 for members and \$75 for non-members). Kids Sat. Golf Clinic cost is \$5 per visit. The entry fee includes clubs, balls, and the lesson.

**Thurs. Night Scramble** sign up deadline is 5:45. Entry fee is \$15. Rolling Hills Management will determine teams for this event.

**German - Rolling Hills Golf Club sponsored event.** Entry fee is determined by the German Club.

**Ladies Clinic** is 3 sessions of golf instruction culminating in a 9 hole mini tournament on the last day for the cost of \$50. Golf balls and clubs provided. Closed Events – fields to be determined by team captains, or a part of a German golf league. No sign-ups will be allowed for these events.

**Note: prices and times subject to change. Call for tee-times..**

**Statt Blumen ...**



**CARLSON'S**  
**HYDRAULIK**  
Hydraulikschläuche

**Sofortservice**

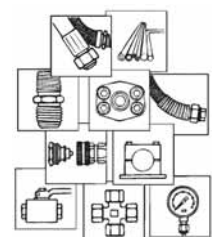
**Pariser Straße 30 / 67655 Kaiserslautern  
Telefon: 06 31-3 70 50 20 / -3 70 98 89**



**Demnächst**

**Pariser Straße 12 / 66482 Zweibrücken  
Telefon: 06 32-20 64 01 / -20 64 03**

**24h Notdienst  
Tel.: 01 72-6 69 70 50**



**Opening soon**

ISO 9001: 2008

BW ZUL. DN793

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EDEKA *Goraszda*

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55774 Baumholder

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**monday -  
saturday  
8 am - 9 pm**



## Hey all you sports and

*Hours Hall of Champions PFC;  
Monday – Fri 0530-2100; Sat,  
Sun and holidays (federal and  
training) 1200 – 20000  
Mountaineer PFC; Monday – Fri  
0530-2100; closed on weekends*

*Hall of Champions 8105 Mu-  
seum Str on Smith barracks  
Mountaineer 8220 Infantry  
avenue on Smith Barracks  
Phone 485-  
303/7418/71766671/ or +49-0-  
6783-6-6303/7418/71766671,  
Aquatics, 485-7093 or +49-0-  
6783-6-7093*

### FREE Fitness Orientations

Schedule an appointment at your convenience to learn all about what programs and equipment are available. The program is for adults, 18+. Sign up at Hall of Champions Sports Office Mon. through Fri. 8 a.m. – 5 p.m.

Try Kickboxing, Step, Butts and Guts, Abs, Cardio Mix and Body Sculpting. All fitness levels are welcome to attend. Classes are \$4 per class or you may buy a pack of 10 tickets for \$30.

Does the prospect of being strapped to an agonizing medieval torture device sound preferable to a spending an hour in a spin class? It is time to conquer your fear of Spin. Our spin instructor is here to soothe your misconceptions

and shed some light on one of the best, most maligned forms of exercise. **Indoor cycling** is accessible to exercisers of all levels. Stop at Mountaineer PFC for a fabulous spin class while tightening your bod and brightening your day.

Check out the **TRX Suspension Training System** at the Physical Fitness Center. TRX is suggested as a rehabilitation tool as well as a program for hardcore athletic training. To use the equipment, show your ID card to the front desk of the Hall of Champions or Mountaineer Physical Fitness Center and the staff will provide you with the TRX System, an exercise guide and a brief TRX orientation. TRX Training combines strength training and cardio combined training using the participants own body weight. Because the user can effortlessly control the resistance and level of difficulty by simply shifting the position of their body.

**Water Aerobics Class** is generally taught in the shallow end of the pool and Aqua Jogger Class is generally taught in the deep end of the pool. The courses are for adults, 17+ years; youth 13+ years actively participating with parent. Cost





group sports

fitness classes

weight training

Photo of Jamie Escobar showing her winning medal from the Independence Day Celebration sporting activities. A customer rests after shooting hoops at the Hall of Champions and a Soldier works out at Mountaineer Physical Fitness Center (photos by Alice Verberne). Strong Man Competition winner photo by Bernd Kurth. Winners at a summer fun run by Anthony McWilliams.

## fitness fans out there

for the classes are \$4 per person per class, or \$30 for 10 classes.

Multi-Purpose room in Building 8895 used in conjunction with the pool for birthday parties, instructional purposes and meetings. Cost to use the room is \$35 for two hours, which includes set-up and clean-up. Maximum capacity is 38. Contact for reservations is Baumholder Aquatics, 485-7093, 06783-67093.

Reserve a sporting facility venue such as Minnick Field, Soldier Park, Hall of Champions Floor, or the Mountaineer Fitness Center Combative Room for a unit function. All you have to do is contact the Baumholder Sports Office. You must submit a memorandum requesting use. All reservations are on a first come, first-served basis, so remember to submit early. Call the Baumholder Sports Office at (06783) -6-6671 or mil 485-6671/7176/6615 to fill out the proper paperwork. Sporting amenities include a family room equipped with televisions and DVD player (for parents with small children), sauna's, dressing rooms, free fitness classes (as per schedule) wide screen televisions in cardio workout area.

The Baumholder Physical Fitness Center hosts various events throughout the year such as the **IMCOM Officials Clinic**, where interested participants may train to become a qualified sports official. The course is free and once completed, officials may be paid for officiating games. For additional information call the Baumholder Sports Office at 485-6671/7176.

The sports office also hosts the FRG Flag football League and also monthly runs (such as the Women's Equality Run in Aug, the 9-11 Remembrance Day Run, Breast Cancer Awareness 5K Run, Turkey Trot, Jingle Bell Jog, St. Patrick's Day Run, Army 10-Miler, Army Birthday, Memorial Day and Independence Day). Fitness buffs will be happy to know that many classes are offered to include but not limited to spin, yoga, dance, self defense, body sculpt, aerobics and personal training. Scheduling changes each month and can be obtained via the community social media site (facebook) or by picking up a copy at the front desk. The Spin class is usually offered at the Mountaineer Fitness Center. Depending on the schedule you may

even be able to attend a free class from time to time. Keep an eye on the calendar for specials. The course offers cyclists a chance to sweat-to-the-beat for an ultimate cardio workout The Self-Defense

Workout is held at Mountaineer Fitness Center and is currently offered for free. This class helps students develop self-defense skills in a non-contact workout. Yoga classes are taught at the Mountaineer

**BLARNEY STONE**  
**IRISH PUB**  
 "A Little Piece of Ireland in the Heart of Landstuhl"  
**Every Night is a Special Night!**  
 Monday is Quiz Night  
 Tuesday is Traditional Fish & Chips Night  
 Wednesday is Texas Hold 'em Poker Night  
 Thursday is Karaoke, Friday is Party Night  
 Saturday is Live DJ Night  
 Sunday American Football Night, 2 Games, Live with Pitchers of Beer and Hot Wings Specials

**Opening Hours**  
 Sun - Thurs 17:00 - 01:00 Fri - Sat 17:00 - 02:00  
 Am Alten Markt 10 · 66849 Landstuhl · Tel. 06371-914549



Fitness Center and are free on certain days. The **full body strength and flexibility training** challenges and relaxes your muscles, mind and spirit. The **Sculpt & Tone/Body Sculpting** class is held at the Mountaineer Physical Fitness Center and is currently offered for free. This functional fitness program helps strengthen the body. **Zumba dance** is an exciting and effective fusion of international Latin dance as a workout. The class is offered for \$4 per session or participants may purchase advance tickets in bulk for \$30 for a pack of ten. **Water Aerobics** is offered at the Baumholder pool and is a safe, effective workout in the water. For more info contact the Aquatics Center 485-7093. **Aikido** is offered at the Mountaineer Fitness Center and costs \$50/month. This class is the Japanese martial art of self-defense in a non-intimidating environment. **Adult Ballet** currently costs \$85/month. Get a great workout

while polishing your poise, posture, musicality and confidence.

**Aquatics Tuesdays thru Fridays, 11:30 a.m -7 p.m. Saturdays, 10-5 p.m. Closed Sundays, Mondays, and holidays, unless otherwise posted (hours are subject to change). Facility location: Building 8897, Upper Wetzel, at the Rolling Hills area (Morse Road). Recreational and lap swimming is available during operational hours.**

#### American Red Cross Courses

Courses are periodically offered in Lifeguard Training, Water Safety Instructor and Lifeguard Instructor. For further information, contact the Aquatics Manager at 485-709 for details or to get on an e-mail list.

#### Unit Training

Unit training for annual Water Survival Training, APFT Swim Test, Combat Water Survival Testing, and other military aquatics training are available by reservation. In addition, unit PT



can also be scheduled by reservation for aquatic exercise.

**Water Aerobics** is generally taught in the shallow end of the pool while **Aqua Jogger** is generally taught in the deep end of the pool. These classes are for adults, 17+ years; youth 13+ years actively participating with parent. Classes cost \$4 per person/class, or \$30 for 10 classes.

The **Water Aerobics** class combines exercises and the natural

resistance of the water using rhythmic movements to music for aerobic conditioning. The class is conducted in the shallow end of the pool. The **Aqua Jogger** class uses a training device to support the body in the water. Using movements against the water promotes the use of many muscle groups in the legs, torso, and arms, for strength and aerobic conditioning. The class is conducted in deep water.

relax and center





## Power Yoga

Every Tues. & Thurs.  
11:45 a.m. -12:45 p.m.

FREE

Join us for an hour of flow-style  
yoga with Jane over lunch.

Mountaineer Gym  
(next to Burger King)  
Smith Barracks, Bldg 8220  
485-6671 or 06783-6-6671





Photo by Bernd Kurth

Softball player missed a key catch during a game on Smith Barracks.



save money

# Stop throwing your money away:

get 19% back when you purchase items on the economy in Germany

Value Added Tax Office and Utility Tax Avoidance Program  
Smith Barracks Bldg. 8661,  
Room 211  
Phone: 485 1780  
or (06783) 6 1780  
Monday through Friday from 9:30 a.m. to 5:30 p.m.



When shopping on the German economy, residents pay 19% sales tax. Many of the purchases official U.S. ID Card holders make may be reimbursed if the person is eligible for tax relief. Head over to the Community Activities Center in Baumholder on Smith Barracks to talk to the Value Added Tax personnel to find out how to purchase forms to help defer those hefty taxes.

## How it works

**Step 1:** Personally register with your local U.S. Forces Tax Relief Office. Obtain and read additional regulation and procedure information.

**Step 2:** Purchase the type of tax form(s) you need from your Tax Relief Office. The following two types are available:

Purchases up to 2,500 Euro (Unpriced Purchase Orders, used for purchases of 2,500 Euro and less) purchase tax forms (you may only have a maximum of 10 forms at any given time) forms are valid for 2 years from the day of issue authorized family members may also use the forms using 2 or more forms for purchases totaling more than 2,500 Euro is illegal.

Purchases over 2,500 Euro (Priced Purchase Orders), for larger ticket items such as a vehicle, you must obtain a cost estimate from the vendor made out to CMWRF. Payment must be made with a Cashier Check made out to CMWRF. The estimate must be presented to the VAT Office with cost estimate go back

to the vendor, hand over the form and the check receive the product or service.

**Step 3:** Only the white original copy is to be returned to the VAT Office, the Pink Carbon copy remains with the customer for their records.

Note: You must buy tax relief forms from your local tax relief office before making the purchase.

Goods and Services where VAT payment can be avoided car purchases, repairs and maintenance, clothing, furniture, appliances, tools, gifts (for ID card holders and folks back home), car rentals (for leisure needs), eating out (family or large group events), repair services, legal services (not for purchase/sale of real-estate), group travel (tours, facility usage, etc.), home repair (not renovations) and more.

## Goods and Services where tax relief may NOT be used

Business activities (either home-based or German licensed), permitting unauthorized personnel to use your forms (non ID card holders), purchasing utilities directly from utility company, telephone service, renovations, new construction, new additions to homes, customized kitchens that fit a particular

layout of a dwelling (over 15,000 Euro) or seeking VAT reimbursement after a purchase has already been made or other purchases prohibited by Army in Europe Regulation 215-6 (if in doubt, check with your local U.S. Forces Tax Relief Office first)

## Important Tip

When shopping at Real, IKEA, C&A, Kaufhof, Hertie, Neckerman, Media Markt or other large department stores, check with store officials (usually information counter) to find out if they accept tax relief documents and how they are processed prior to making a purchase. Normally stores require you to pay the full purchase price (including tax) at the register, then the tax relief documents are processed at the information counter and provide a refund of the VAT you paid at the register.

It is not mandatory for a vendor to accept the VAT FORM. Some vendors do not participate in this program.

It may be helpful to take along a copy of Information on Tax-Relief for Merchants in Germany according to the NATO SOFA/SA (German or English) to show merchants that explains the VAT form.

# Shopping and using the Value Added Tax Office

Monday - Friday from 9 a.m. to Noon and 1-5 p.m.  
ALL DAY WEDNESDAY  
485-1780 / CIV 06783-6-1780

## Fast facts for Value Added Tax Relief 19%

There are two types of VAT forms: the **Un-priced form** for purchases up to € 2,499.99 without tax and the **priced form** for purchases over € 2,500 without tax. Un-priced are \$4 each and are used for everyday kinds of purchases such as furniture and clothes. The priced form is \$6 and generally used for vehicle purchases/repairs.

*VAT forms are not allowed for purchases related to investment, resale or real property.*

**When using the Un-priced VAT form** in Germany, first ask the merchant if they accept the form. If they do, and after they've signed the form, be sure to return the white copy to the VAT Office.

For purchases using the **Priced form**, you must present an **advance cost estimate** (Angebot/Kostenvoranschlag) to the VAT Office **BEFORE the actual purchase**.

Be sure to ask the VAT Office staff about tax free utilities (electric, water, gas) in Germany for the following utility companies in the baumholder region: RWE Trier, Stadtwerke Kusel, Pfalzwerke, OIE, Stadtwerk Energis Saarbrücken.

# Cliff Country

## The Dahner Felsenland



The Dahner Felsenland or “**Cliff Country**” on the French border is one of the most romantic stretches of countryside in Europe. Bizarrely formed red **sandstone crags and cliffs**, dense forests and idyllic, **refreshing lakes** provide an ideal landscape for relaxation. On the hilltops mighty old medieval castles and ruins stand guard. The Dahner Felsenland is **ideal for families with children, hikers, cyclists** and **nature-lovers**.

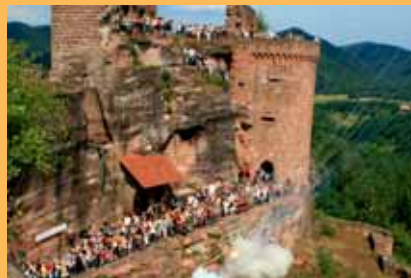






## Cross-border from Castle to Castle

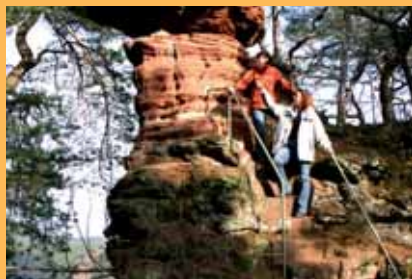
The **Dahn Rockland** may also be called Palatine-Castle-Land. Secret passages lead downwards into underground rock chambers and dungeons, whereas high up on the battlements visitors may enjoy a magnificent view over the legendary Dahn Rockland. The fortress **"Berwartstein"** with its armoury, torture chamber and underground passages is one of the most popular castles of the Palatinate Region. Another sight not to be missed: the mighty castle trio **"Altdahn-Grafendahn-Tanstein"** consisting of three fortresses on one rock massif including a Castle Museum. The **"Drachenfels"** offers you a castle adventure of the special kind while the hidden castle ruin **"Blumenstein"** – the haunted castle - invites you to dream. Situated close to the French border, **"Wegelnburg"** Castle, the highest castle ruin of the Palatinate, offers a splendid view. From there on, the castle ruins **"Hohenburg"**, **"Löwenstein"** and **"Fleckenstein"** in France are not very far.





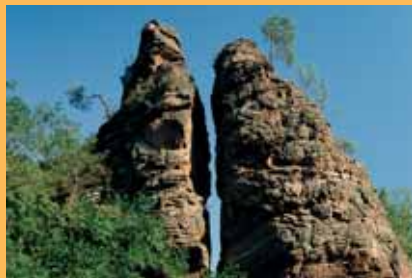


## Unearthly underground



### Fladensteine geo trail - Geology up close

The geo trail circles around the Fladenstein massif with its seven tall rocks takes you back **250 million years** and more in the earth's history. Along the one-hour path you will find interesting information about the development of the different types of rock, their local occurrence and their utilization as indispensable raw material. Departure/Arrival: Budenthal



### Fascinating colors and shapes

On twelve kilometers the circular trail follows narrow paths that take you to some striking rock formations. Very impressive is the variety of the rock shapes. Departure/Arrival: Dahn



### Nothweiler iron ore mine

The exhibition mine offers a unique opportunity for a glimpse at the miners' lives. On the 420 meter long tour you get a good look at the secrets of the depths of the earth.

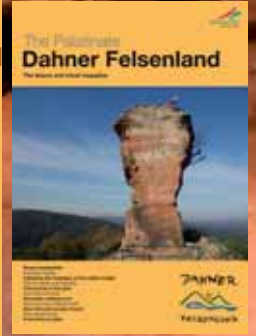




Welcome!

## Here is how you can reach us

Contact: Tourist-Information Dahner Felsenland  
 Schulstraße 29, 66994 Dahn, phone +49 6391-9196222, fax +49 6391-91960222  
 tourist.info@dahner-felsenland.de, [www.dahner-felsenland.net](http://www.dahner-felsenland.net)



These magazine are available for mail order and for download.



**Have you tree-topped yet?!**  
 The biosphere house "Palatinate Forest/ Northern Vosges" in Fischbach with its breathtaking treetop trail – what an experience! [www.wipfelpfad.de](http://www.wipfelpfad.de)

**Bare feet and wooden heads**  
 The 1.6 kilometer barefoot path offers a refreshing experience, and on the sculpture trail visitors are greeted by more than 30 figures from the world of legend and fable.







## The Saarland

### Relaxation and leisure activities nearby.

A journey through the Saarland is a journey through an eventful history, a unique landscape and excellent cuisine. The Saarland is bordered on the northeast by Rhineland-Palatinate, on the southwest by France and at its westernmost point by Luxembourg.

#### Experience Nature and Delicious Cuisine

There is a lot to see and do in the Saarland – for example water sports and fun for the entire family at the Losheimer and **Bostal lakes**. Covering 120 hectares and with a depth of nearly 20 meters, the Bostal lake, about 30 kilometers from Baumholder, is one of the largest water recreation areas in southwestern Germany.



For those who enjoy exploring the countryside by bicycle, the Saarland's **excellent network of bicycle trails**, the Saarradwegenetz, practically guarantees a wonderful bike riding experience.

The Saarland is also great for hiking. One third of the state is covered by mixed woodlands, offering optimal hiking conditions. The Saarland state government places great emphasis on **high quality hiking**: it has carefully laid out and marked more than 50 beautiful trails through the landscape. There are also opportunities for day trips for families: for example to Mettlach, 55 kilometers away, or Losheim, 45 kilometers away.



Saar cuisine is also very special. The amount of variety is amazing and includes hometown cuisine, many different specialty restaurants and even top notch catering. An insider tip for those who en-

joy good food is the Saarland's fine dining tour – a combination of hiking and dining. The tour is made up of wonderful hiking trails, marked by a chef's hat, which bring the best in hiking together with the culinary treasures of the region.

#### Luxury Living in the Roman Empire

The Saar has changed hands a total of eight times in the last 200 years: it has been German, French and autonomous. But the area's historical artifacts go far beyond just the last 200 years. Many archeological finds from the Celtic and Gallo-Roman periods allow us to experience this history today.

In the **Villa Borg archaeology park**, an impressive Roman manor house with a functional bath, a tavern with Roman cuisine and different garden areas allow you to get a strong feel for the Roman way of life. Located near the border with Luxembourg, the reconstructed Roman manor house is an impressive testament to how privileged people lived 2000 years ago. The carefully reconstructed Roman bath shows how important bathing customs were in the Roman Empire. In the villa's tavern, Roman meals and beverages are prepared and served following original recipes from Roman gourmet Marcus Gavius Apicius. A large portion of the herbs used in the tavern come from the villa's own herb garden. At the beginning of August, Roman legionaries, dealers and craftsmen set up a camp on the villa grounds and demonstrate ancient ways of life. The highlight is always the spectacular gladiator fights.





© G. Kassner



### The Titanic and the Dinosaurs

Two places bring the Saar's more recent history to life. At the Villeroy & Boch headquarters in Mettlach, artisans have been developing ceramic and porcelain creations for more than 260 years. For example, they created the decorative tiles used in furnishing the Titanic. A discovery center with a ceramic museum and museum cafe dating from 1892 tell the success story of a family dynasty. Near the discovery center, different outlet stores, including **Villeroy & Boch** and Land's End, invite visitors to hunt for good bargains.

Another Saarland historical artifact is located near Saarbrücken. The **Völklinger iron and steel works** is an iron and steel mill from the golden age of the iron industry, one of UNESCO's most unusual world heritage sites. Founded in 1873,

it closed in 1986 and was declared a historic monument. Today it is the only iron works on UNESCO's list and an exciting 21st century attraction. With an area of more than 600 000 square meters, the mill is covered by 5000 meters of paths which allow visitors to view the internal workings of the mill. Today, excellent exhibitions and concerts are held at the place where smokestacks once belched out black soot and deafening noise.

In the **Gondwana park** visitors can dive deeply into the history. The park is located on the grounds of what was once the Reden coal mine, between winding towers and pithead stocks. In this indoor park dedicated to the primeval periods of Earth's history, visitors discover 4.5 billion years of geologic history and come eye to eye with animated dinosaurs. Fantastic 3-D films portray the history of the

world from the big bang to the extinction of the dinosaurs.

Finally, if you like saving money, be sure to check out [www.freizeitcard.info](http://www.freizeitcard.info). There you can find information about attractions you can visit using the **FreizeitCard Rheinland-Pfalz and Saarland**. You pay only once for entrance to many different many museums, amusement parks and more. You also get a Marco Polo guide-book in two languages to help you plan your trip.

### More information:

[www.visitsaarland.co.uk](http://www.visitsaarland.co.uk)

[www.villa-borg.de](http://www.villa-borg.de)

[www.voelklinger-huette.org/en/welcome/](http://www.voelklinger-huette.org/en/welcome/)

[www.gondwana-praehistorium.de/2011/en/index.html](http://www.gondwana-praehistorium.de/2011/en/index.html)

[www.freizeitcard.info/en/index.php](http://www.freizeitcard.info/en/index.php)

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# Siggi Zimmer Cuisi

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# Rheinlander Community

## Book your next party at the Rheinlander

story by Dani Jackson

Having a party in government housing can get quite crowded, not to mention, no one likes cleaning up. So where can you go that has enough space to accommodate hungry, energetic children or adults that are ready to have a good time? You guessed it – The Rheinlander Community Club.

Sure, this location is ideal for community information briefings and hail and farewells, but did you know that you can also rent out some of their rooms? If you are having a huge party, you can even rent the entire building for only \$300 per function.

“People come in and want to rent a room for birthday parties, balls or a sit down dinner. . . . I am the one that schedules it in the book,”

says Susan Thompsen, reservations clerk for the Rheinlander. “The Rheinlander remains a popular place because it’s the largest building in Baumholder” says Thompsen.

So exactly who is allowed to rent a room in the Rheinlander Community Club? Like most military venues, booking a room in the Rheinlander is available for all military and US ID cardholders. Non ID cardholders can also attend activities as guests of authorized patrons.

All that is required for those that cannot access Smiths Barracks is that they submit pertinent information through the host to the Rheinlander reservations clerk four to five days in advance in order to prepare and submit an access roster to allow) for the period of the event.

According to Thompsen, booking the Rheinlander isn’t as difficult as one might think. “People can call and make a reservation and I

If you are having a huge party, you can even rent the entire building for only \$300 per function.

check if the date and room they want is actually available. At some point they will need to come in so they can have a look at the room and sign the agreement.”

After an agreement is made, the customer will need to schedule a date to meet with the concessionaire to agree to a menu, prices and terms. Until the contract is signed and finalized, reservations are held on a tentative status. “If people are booking a unit function, it must be noted on the contract.

Once the rental agreement is signed the customer has up to 72 hours prior to the event to change the contract” says Thompsen. All dues and fees are due 48 hours before the event. The customer can pay in advance if they choose to and will receive a NAF receipt voucher.

The services that the Rheinlander offers don’t stop there. In addition to renting out their rooms, the Rheinlander also provides catering through their contractor, Siggi Zimmer. Starting at \$6 per person, you can get a finger food buffet that includes some of the basics like meat balls, chicken wings, wraps, egg rolls and a vegetable or fruit platter. “The finger food buffet is very popular with promotion ceremonies.”





# ne at the



great prices

# Club

*Photos of Sigg Zimmer and food by David Delisio. Photo of board and building by Alice Verberne.*

If you choose to go with a traditional buffet, the price starts at \$11 per person which includes 3 meats, 5 side dishes, bread, a salad bar and dessert." All food options and pricing include coffee, water, tea and also include the set up and clean up fee.

In case you are already thinking of booking your next party at the Rheinlander, please be advised that no outside food or drink are allowed due to the fact that the Rheinlander is a Family and MWR facility, however, exceptions are made for cakes.

In addition to catering services, if you need entertainment, a house DJ is also available for rent, however, patrons are not required to use him.

Not the decorating type? You can also have decorations put up for an extra \$1 per person. (All above agreements and prices are subject to change until finalized and reflected on an official party contract by the concessionaire). If you're not looking to rent out space, swing by for some of the Rheinlander's on-going brunches and themed dinners.



Rheinlander Community Club Bldg. 8085 Smith Barracks, Baumholder. Restaurant is closed on Monday evenings, Saturdays, Sundays, and holidays, but open for special event bookings.

Rheinlander catering at the Rheinlander Community Club  
Need an event catered? Sigg's famously delicious cooking is a great way to cater your next event no matter how large or small. All menu items are priced by the dozen except platters.

Have lunch on us at the Rheinlander Community Club  
Purchase ten all-you-can-eat meals to get the 11th one FREE. Just ask your server for a punch card upon paying for your meal. One free meal per person upon redemption of this card. The lunch buffet is \$8, Mon-Fri 11 a.m.-1:30 p.m. and the dinner buffet is \$8, Thur-Fri. 5-9 p.m.

All-You-Can-Eat Lunch Buffet at the Rheinlander Community Club  
\$8 dessert bar, tea (free refills). Monday-Friday 11 a.m.-1:30 p.m.

Chicken Buffett at the Rheinlander Community Club  
Thursday \$8 with dessert bar, tea (free refills). 5 p.m.-9 p.m.

Family Style Dinner at the Rheinlander Community Club  
Friday \$8 with dessert bar, tea (free refills). 5 p.m.-9 p.m.

Sigg's signature cuisine at the Java Café  
Are you just too busy for lunch? Grab a specialty coffee or drink at the Java Café and one of Sigg Zimmer's specialty sandwiches or wraps while you are there. Sigg currently offers a selection of grilled chicken, ham and turkey at the Java Café counter, wrapped and ready to take-out. Keep an eye on the display counter; Sigg is now offering specialty cakes such as Black Forest cake and cheesecake at the Java Café. You can get even more wholesome quick meals at the Java with even more menu items: turkey wraps (\$3.50). Items are made fresh daily from the Rheinlander and include all fresh ingredients with various combinations, including chicken, ham and veggies.

According to Thompsen. "All of our holiday or themed events are usually ongoing-events such as Valentine's day dinner, Easter and Mother's day brunches just to name a few.

Does the Rheinlander sound like it could be of use to you? Give them a call at 485-6533 or CIV 06783-6-6533 and book your next

party! The Rheinlander is located on Smith Barracks building 8085 (across from the CMR Building)..

*Story submission courtesy of Dani Jackson while working in the Marketing Intern Program for Installation Management Command in conjunction with the Baumholder Marketing Office. To learn more about getting published call 485-6263.*

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For more information about any of our services or classes, email us at [artscenter@eur.army.mil](mailto:artscenter@eur.army.mil), visit us at our Facebook page (Baumholder Arts and Crafts) or visit our blog at [www.baumholderartsandcrafts.wordpress.com](http://www.baumholderartsandcrafts.wordpress.com).

### Craft Retail Store

Get all your crafting supplies at the Baumholder Creative Arts Center. We carry items for scrapbooking, fine arts, crochet and knitting, sewing, general crafts, jewelry making and cake decorating.

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Get stunning results at a reasonable price with the Baumholder Creative Art Center. Whether you have paintings, prints or military art, they will advise and assist on making your treasure a true work of art such as fine art, military guide-ons, coins and awards. Projects are priced upon design, size, frame and mat selection.

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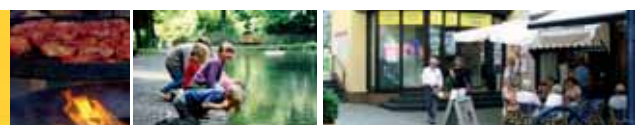
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### Balloon Center

Next time you need balloons for your party, remember that we have both Mylar, latex and new bubble balloons in a wide variety of shapes and colors.

### I Can't Believe It's Not Scrapbooking

In this series you will create a book that is actually based on your hopes, dreams, experiences, and goals. It's all about you! It is similar to scrapbooking only you don't use pictures. It is called an Art Journal. Each week you will receive a new prompt to journal about. You will be filling your page with visual elements rather than words.

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ate your page. You can paint, draw, collage, embellish, stamp, stencil, etc. We provide you with a large assortment of scrapbook papers, stamps, paint, brushes, embellishments of ALL kinds...everything you could possibly need to create your pages.

Each class is only \$5 and includes all supplies to create your pages. It is only \$15 if you would like to purchase one of our albums, otherwise you may bring your own 12x12 three ring binder in which to keep your pages.

**Knitting classes** now available  
Learn: how to "cast on" to begin a project, two basic knitting stitches, the importance of gauge, fixing mistakes, and binding off to finish a project. Designed for beginner knitters, but all are welcome. Only \$10 per person; ask about our group discounts.

### Basic beading course

Make your own jewelry to compliment your unique style. Learn to design, arrange and string a necklace, as well as how to add charms and clasps. With collage pendants, learn how to decorate small wooden shapes or bottle caps with a photo, sticker or other small objects. These items can be used as pendants as jewelry, zipper pulls, magnets and more. Classes are \$10 per person.

### Crochet, beginning and advanced

Learn the simple and rewarding craft of crochet, a process of creating fabric from yarn by looping it through a crochet hook. Advanced crochet will teach more complicated stitches and techniques. Cost is \$10 per person for each class, most course materials are provided by the instructor, chiefly for beginners class.

### Decoupage dazzle

See how easy it can be to decorate your cherished items using the art of decoupage, a craft dating from 17th century Venice. You too can learn this art of decorating an object by gluing paper cutouts onto it in combination with special paint effects. Cost is \$10 per person, most materials are provided by the instructor. Students are encouraged to bring a small object to decoupage.

### Macre jewelry necklace.

Whether you are looking for a little surfer style or earthy elegance, macramé is the class you need to take this summer. Learn basic knots using natural hemp and colorful beads to create fun and gorgeous pieces that compliment any style. Cost is \$10 per person, all supplies included except for personal items.

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**April – October: 9 a.m. – 5 p.m.**  
**Guest tours: Sundays at 3 p.m.**  
**November – March: 10 a.m. – 4 p.m.**



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## Outdoor Recreation Culture and Trips

Have a hankering to see the city of lights? Take a trip to Paris with ODR. Perhaps you want to get a famous German hand-crafted clock from the Black Forest while you are touring Europe? Whether it is shopping, culture or sights you want to do, ODR has the trip for you. During the harvest season try a wine or beer fest. ODR has trips to Oktoberfest and other seasonal fests such as the Trier Bread and Circus, Keukenhof Tulip, Mosel Wine and many Medieval Market festivals. In the summer ODR goes to some of the most famous amusement parks in Europe such as Euro Disney, Movie World, Leogland and Europa Park. ODR will even take folks to concerts and conventions such as the Saarbrücken Tattoo convention or the auto show in Frankfurt if a minimum amount of paid sign-ups are available to make each trip a go. Call ODR for details on the exact number of folks needed for each trip since each trip depends on the size of the bus and duration of the trip.

Besides short day and weekend trips, ODR also arranges longer trips for those interested in visiting other countries. Participants may go to the beach, diving or tour around to learn more about the culture. In recent years, trips to Malta and Croatia have been very popular. For instance the trip to Pula, Croatia offers access to visit the National park of Brijuni nearby where there is a safari park, a Byzantine castrum and a Roman residential villa in Verige Bay. Pula has great diving opportunities that include Roman galleys and WW1 warships. There is an aquarium inside the one hundred and eighteen-year old Austro-Hungarian fortress where visitors have direct contact with fish in an open tank. The Malta trip offers divers some of the best of the Mediterranean and for non-divers, there is the island of Gozo, one of the oldest religious sites in the world known as Ggantija. Boat tours are available to three islands for waterfront dining. Other must-see attractions on Gozo are the Blue Hole and Inland Sea. *Note: prices and times subject to change. Contact ODR/Rod and Gun Club for the most recent pricing and dates available.*



Photo of Gastein Austria by David Delesio

Outdoor Recreation/Rod & Gun Club, Bldg. 8167 Smith Barracks, Baumholder  
 Mon-Tues 10 a.m.-7 p.m., Closed Wednesdays, Friday 10 a.m.-5 p.m.  
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### Checkout our bikes!

Try out the top of the line bikes with the ODR Mountain Bike Program Cannondale full suspension mountain bikes are available to rent for \$20 per day. Take them out and give them a spin. Baumholder offers beginner to expert level local trail rides, guided trips and self guided tours. Don't miss out on the awesome trails from level one to three (easy rides, technical and advanced). Guided trips are also available to the Pfalzerwald (about 1.5 hours from Baumholder near Landau) offering 15-70 km of epic single-track trails. ODR needs groups of 8 to make the trips a go. The group may be split into ability levels to run the course. 40 bikes are available. For more information, call Rusty at ODR 485-7182/6202/6345 or go by Building 8167.




### ODR Mountain Bike Program

Cannondale full suspension mountain bikes are available to rent for \$20 per day. Take them out and give them a spin. Baumholder offers beginner to expert level local trail rides, guided trips and self guided tours. Don't miss out on the awesome trails from level one to three (easy rides, technical and advanced). Guided trips are also available to the Pfalzerwald (about 1.5 hours from Baumholder near Landau) offering 15-70 km of epic single-track trails. ODR needs groups of 8 to make the trips a go. The group may be split into ability levels to run the course. 40 Rental Bikes are available.

**Get back to nature; go camping**  
 Five minutes from main post near Rolling Hills Golf Course. ODR Campgrounds areas are available for rent all year round. ODR has 40 RV Sites available at \$10 per day, three

group sites for up to 100 people available at \$35 per day. The pavilion next to the driving range is available for rent for \$30 per day. RV and group sites include fire pits and grills. The campground area and next to driving range and the Pavilion 1 and 2 buildings 8887 and 8886 cost \$30-\$35 depending on the location. The campground can handle a very large group size and is open year round. Reservations made earlier are better. Available on a first come, first serve basis. Best sites for the summer are reserved months in advance.

**ODR High ropes course**  
 and team building program  
 ODR High ropes course team building program costs \$45 per person; minimum of eight people required for program.

**Fishing pond** ODR has access to a pond stocked with Rainbow Trout (pan size and up) five



minutes from main post. Customers do not need a license to fish in our pond, but will need a permit. Coordination for a permit to fish for the day is available through ODR for \$15 for a three fish limit, \$25 for a five fish limit. If a person is caught fishing without the required permit they could be fined by the German government. Group rates vary with size/amount of time fished.

**Trap and Skeet Range**

30rd trap \$5  
 15rd skeet \$2.50  
 30rd skeet \$5  
 25rd rolling rabbit \$6  
 15rd rolling rabbit \$5  
 Range hours are from 1000-1500 hours, every day of the week except Wednesday. Open year round. Must have range safety class before use. Class offered at ODR range. Guns cost: \$5. No reservations taken. Available on a first come, first serve basis.

**Paintball field**

If you have your own equipment, the field usage fee is \$20 per person, per day. If you need equipment, the field usage and equipment check out fee is \$30 per person, per day. Special rates of \$15 per person, per day are available for unit training time. The paintball field is open year round. Hours of operation: 1000-1500 hrs. Max number of participants per session or day is 100. Group reservations are only taken on weekdays. Reserve at least one week in advance.

**Archery**

Archery range is available for use (near the Trap and Skeet range). Children under the age of 18 must be accompanied by an adult but are allowed to learn archery if they are supervised. Individuals may reserve a time for instruction on how to safely use the equipment and then will be given access to the range. Call for cost to rent the equipment. Instructors may also show students how to make their

own bow. Interested participants may make a reservation to purchase the kits and then build the bows. These bows are usually traditional native American style bows. The instructor will show students how to make lines, fletching, arrows and all the parts students need to make a bow that would have been typically used in the 1600s.

**Learn how to fish**

with the ODR fishing course. Learn the skill of fly-fishing from a certified German fishing guide with a one day Rod and Gun Club introduction course. Tackle and day pass are included. Course requires an eight-person minimum to make the course a go. ODR also offers intensive three-day courses.

**Fly fishing**

Weekend seminars to learn the art of fly fishing are scheduled depending on the season. Individuals learn fly tying and casting. The seminar is free. Afterward the students are able to attend a fishing day (cost is 20 Euros per person) and is held at the Forellehof in Berfink, Germany.

**German Hunting Course**

This eight-week German hunting course is offered over weekends and twice per week for \$150 per person. Attendees will become a licensed hunter in Germany with all weapon privileges. The hunting license costs extra (approximately 186 Euros). Hunting insurance also costs and is usually costs 120 Euros or more and is good for three years. A minimum of 15 people is required.

**Skydiving**

Bitberg aeroclub takes vat forms and the ODR will assist in getting you into the sport. The club speaks English and offer static line and accelerated freefall.

**Canoeing and Kayaking**

Trips can be done by reservation. Germany usually has class

one water so many folks who are interested in a relaxing day trip will be interested in trying kayaking for a fun family trip. Patrons may rent vests, paddles, canoes, helmets and kayaks to take out on their own or schedule a trip with a minimum of eight participants through ODR and they will arrange everything for the participants for a low fee per person.

**ODR also offers Austria Adventure trips**

over long weekends where individuals will experience class three water and will have to pass a swimming test. Cost for the trip is about 350 Euro per person.

**SCUBA Certification**

Course price is \$395 and online course work can be completed for free before completing the open water diving. Diving consists of two weekends and five open-water dives at Kronau Lake. Scheduling is flexible and weekends don't have to be consecutive. All equipment is supplied. Students are encouraged to purchase their ABC gear (mask, fins and snorkel). Dive center also offers all necessary equipment for purchase at a discounted price for new students. ODR also offers advanced SSI courses through instructor level 3.

**Ski and snowboard equipment**

Adults can be outfitted with gear for as low as \$18 per day. Patrons who are really into gear may want to try the upgrade demo ski package with high-end gear featuring this year's K-2 Crossfire name brand that retails for about \$1,000 per pair. This parabolic ski, along with boots and poles, rents for \$36 per day and is a smart move for folks who would like to test out the expensive stuff before plopping down a wad of cash.

Outdoor Rec also can help take the hassle out of planning your ski trip. If you sign up for a trip, you will not have to worry about finding the lifts, booking a hotel or figuring out the cool places to enjoy après-ski. The staff will have all that taken care of for you. They have weekend and package ski deals that offer value, savings and American know-how.

Long weekend trips to Switzerland Austria making use of the federal holiday schedule, so call ODR for a list of trips. Day trips to the Black Forest are offered on selected Saturdays during ski season and are great for those wanting to get into the sport.

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Photo of Hilltop Theater dramatic play *And Then There Were None* by Ignacio (Igg) Rubalcava. Singer at Independence Day celebration & Five Finger Death Punch by Alice Verberne

# Baumholder Entertainment, Hilltop Theater, Glee Club: acts, music, magic, comedy, song

**Special Events** and entertainment are ongoing throughout the year in Baumholder. Comedy shows, bands, musical acts, magicians, cheerleaders, puppet shows and children's entertainment are just a few of the acts that came to the Baumholder Military Community with the coordination and efforts of Family and MWR this year. In addition, Family and MWR hosts two annual bazaars, one in the spring and one in the fall each year so that folks may shop for European style antiques, wine, paintings, silk and wool carpets, jewelry, clothing and other novelty items without even leaving the base. The event is usually held in the Hall of Champions, bldg 8105 on Smith Barracks. For details contact the special events coordinator at 485-6115 or +49(0)6783-6115.

In past years, Baumholder has received two long standing programs that are highly anticipated events: Operation Rising Star and the Soldier Show.

**Operation Rising Star** is modeled after the popular television show American Idol. The competition is open to all Active Duty, Reserve, and National Guard Soldiers for all branches of service and their

Family members 18 years and older. Finalists compete locally and then go onto compete on the Pentagon Channel. Last year's grand prize was an all-expense-paid trip for two to Los Angeles, CA, to record a three-song demo CD. Each year prizes are awarded to the first (\$500) through third (\$100) place finishers. Audience members who came out to support their favorite contestants at all the local events won a \$300 "Spirit Award" given to the most supportive unit or Family Readiness Group. Selection at the installation level is done through a combination of audience voting, scores from a three-judge panel and audience votes. The judges' ratings count for 50 percent of the participants' score.

The **U.S. Army Soldier Show** is a professionally choreographed, family-style variety show featuring performances that span from Broadway musicals, to country, gospel, R&B, and top 40 songs. Performances are held on post or in local community venues. Admission is free of charge and is always open to authorized patrons of Family, Morale, Welfare and Recreation.

The **Hilltop Community Theater** is open to all ID cardholders and local nationals. A variety of performances – mysteries, dramas, comedies, one-act plays and musicals. The Hilltop staff works with a large group of U.S. and German volunteers to produce quality English language community theater. Volunteers are the core of the theater and the soul of the performances. The Hilltop offers local nationals a chance to improve their on-the-spot speaking skills while offering host nation relations and a way for Americans stationed in Baumholder to touch the community.

The theater relies on the dedication of volunteers who are willing to commit time and effort to creating the best possible experience for the audience. Volunteers who wish to discover the joy of performing are welcome. If you have questions about volunteering, contact the Hilltop Theater at civ (06783) 6-7244 or email [hilltoptheater@eur.army.mil](mailto:hilltoptheater@eur.army.mil). To order tickets or for more information about performances dates and times, contact the Creative Arts Center box office at civ (06783) 6-6687 or email [artscenter@eur.army.mil](mailto:artscenter@eur.army.mil).

## Join the Hilltop Theater Glee Club

The Glee Club is a professional-level show choir for the Baumholder community. They will perform throughout the year for various events. The singers are a mix of American and German volunteers that produce quality musical performances. The Glee Club is looking for talented singers who want to develop their skills in music. Rebekah Ankrom-Baker, music director for the Hilltop Theater, has an extensive background in theater and has a master's degree in opera from Boston Conservatory. Her goal is to make the Hilltop Theater the main theater for the Baumholder area.

Join the Hilltop Theater Group. The Hill Top staff works with a large group of American and German Volunteers to produce quality English language community theatre. The theater group is looking for volunteers who wish to discover the joy of performing. The Hill Top will produce a wide variety of shows this year including dramas, musicals and comedies.





**"Honk," youth after-school theater**

Nov. 11, 12, 18, 19, 20

Auditions Sept. 19

**Hilltop Haunted House**

Oct. 28, 29, 30

Auditions Oct. 17

**"Suessical," musical, Topper entry**

Feb. 17, 18, 24, 25; March 2, 3

Auditions Dec. 13, 14

All ages and all skills are needed.

**"Greater Tuna," comedy**

April 6, 7, 13, 14, 20, 21

**"Murder in the Rheinlander," dinner theater**

June 15, 16, 22, 23, 29, 30

Auditions May 14

**"Steel Magnolias," drama**

Sept. 28, 29; Oct. 5, 6, 12, 13

Auditions Aug. 20, 21

**Youth After-School Teen Glee Club**

Starting Sept. 20

New this year at the Hilltop Theater is their after-school theater program. Starting Sept. 19, the Hilltop Theater will cast and rehearse the youth musical "Honk." A new member of the Baumholder community, fresh from Aviano, Italy, Kristen Holiday has volunteered to direct this musical based on a fresh take of the old story "The Ugly Duckling."

This show will be a 100% youth production.

Along with the after-school theater program, the theater will be working with the EDGE program to start "Teen Glee," as an after-school choir program.

Also this year, the Hilltop Theater will be working again with the community haunted house and will be looking for volunteers in October to help build and staff their Halloween super scary event in the Rheinlander basement.

**The Hilltop Theater troop**

expects to be completely moved into their new location on Smith Barracks,

where the U-Fix-It Store is currently located, by January. This will allow them to start work on the biggest event of the year, "Seussical The Musical," which will be the 2012 Baumholder entry into the Toppers. This is a show for the entire family to participate in. Children and parents are invited to auditions in December. There will be a tremendous amount of work required to gut and build a new stage in the new location this fall so Hilltop Theater members are looking for help. Anyone who would like to "get physical" is invited to join the Hilltop Theater when they get the approval to begin work. Anyone who can swing a hammer or help haul wood, among other tasks, is invited. A request for help will be publicized as the time approaches and a work date has been set.

To find out more about the Hilltop theater, contact hilltoptheater@eur.army.mil or call the music director, or the entertainment director, at 485-7244 or +49 (0151) 4-230-4083.



**Fissler – company with tradition**

Founded in 1845 by Carl Philipp Fissler in Idar-Oberstein, in the Rhineland-Palatinate, the company can look back on a success story lasting over 165 years. Today the brand stands for cooking with pleasure and passion and is one of the world's leading brands for high-quality cookware. Fissler is the authority in German and international kitchens - everyone thinks of before buying pots, pans, pressure cookers, roasters, woks, cast iron, knives and kitchen accessories. Its products „Made in Germany“ are market in over 70 countries around the world. Fissler is still fami-

ly-owned and employs around 780 people. Most of them are working in the German factories in Idar-Oberstein and Hoppstädten-Weiersbach. So the company is still a very important employer in this region. As a special service Fissler offers cook demonstrations and cook courses in its visitor center in the city quarter Idar. Hobby cooks can enjoy cooking with high-quality cookware and also their selfmade meals. In the nearby Fissler shop the wide range of products is available and promises the right cookware for all needs and any taste.



# Child and youth school services

Child care options  
full-time, part-time,  
hourly, part-day,  
school-age and  
family child care.

*Register at Parent Central Services*

*located in building 8743.*

*Call DSN 485-7003/CIV 06783-67003 for*

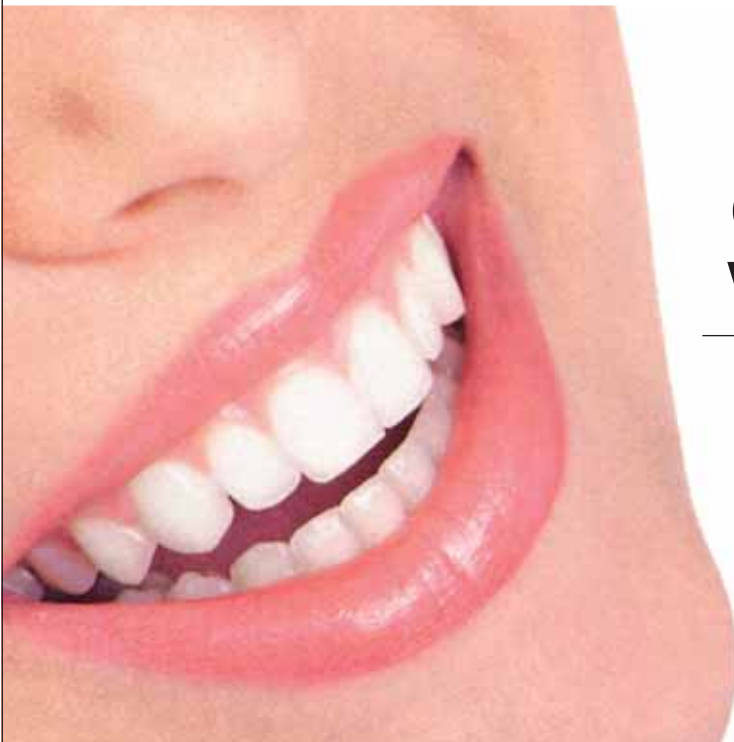
*appointments, information, enrollment*

*hours are from 8 a.m. - 5 p.m.*

*Appointments are available on Thursdays*

*from 2 - 5 p.m. All other times are on a walk-in basis.*

## RAMSTEIN DENTAL CARE



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AMERICAN STAFF



*TRICARE Preferred Provider*





## bringing out the best in youth

### FRIDAY PARENT NIGHT OUT

Take a Friday night off without the kids on selected Fridays from 6:30-10:30 p.m. at either Smith CDC or Wetzel CDC.

The program is for children ages 6 weeks - 12 years old. Cost is \$16, respite hours may be used.

Reserve/pay 2 weeks in advance at CYSS Parent Central Services, Bldg 8743 or online. Children need to be registered with CYSS in order to participate. For more information, call Parent Central Services CYSS at civ 06783 6 7003.

### SUPER SATURDAY CHILD CARE

Saturday Child Care available 9 a.m. - 5 p.m. at either Smith CDC or Wetzel CDC for children ages six weeks to twelve years old. Cost is \$32, parents may use their respite hours. Reserve/pay 2 weeks in advance at CYSS Parent Central Services, BLDG 8743 or online. Children need to be registered with CYSS in order to participate.

### Child Care Openings

Spaces may be available for full and part time care in the CDC's, School Age Center (SAC) and Family Child Care. Children must be registered at CYSS Register at Parent Central Services, Building 8743.

### CYSS offers online services/credit payments

Pay with your Visa or Mastercard Debit or credit card.

Activity registration and payment online.

Request your password online <https://webtrac.mwr.army.mil/webtrac/baumholdercym.html>

### SKIES Instructors Needed

Make money tutoring or teaching children skills such as sewing, playing guitar, dancing or any other special skill or craft of which you have firsthand knowledge or

experience. Contact SKIES at mil 485-6969 or civ (06783) 6-6969.

For registration/enrollment contact Parent Central Services, Bldg 8743, mil 485-7003 or CIV (06783) 6-7003.

Programs are available such as: **Keyboard, Guitar, and Piano Lessons, Kindermusik Village, Aikido Lessons, Aikido, Gymnastics, Tae Kwon Do, Classical Ballet** <https://webtrac.mwr.army.mil/webtrac/baumholdercym.html>

### The HIRED.

#### Apprenticeship Program

is a workforce-preparation and apprenticeship enterprise designed to meet the employment and career-exploration needs of Army teens 15-18 years of age. Programs or to apply for enrollment, contact the Wetzel Teen Center, BLDG 8875. DSN 485-6348, COM: 06783-6-6348. HIRED. Apprenticeships offer experiences within distinct career paths designed to help participants determine whether their chosen career paths are the correct career choices for their future. Students graduating from high school are facing profound social, technological and economic changes.

The goal of the HIRED Apprenticeship Program is to help teens develop the necessary confidence and employer-valued abilities to succeed in today's competitive job market. Child, Youth and School (CYS) Services and Morale, Welfare and Recreation (MWR) Partner Organization have joined together to prepare teens for these rapidly-changing conditions. HIRED Apprenticeship Terms consist of four (4) twelve (12)-week terms repeated annually. Opportunities to work after school and weekends exist year

round in programs such as food service, child care, outdoor recreation, libraries, fitness centers, golf, and more. Teens may participate in up to two apprentice terms per year and will receive a stipend upon completion of each term. Participants must commit to 15 hours of participation within a seven (7)-day period for a total of 180 hours per HIRED.

### Youth Sports & Fitness Program Overview

Philosophy: Provide age-appropriate experiences that promote positive child and youth development outcomes. These outcomes are facilitated through a comprehensive and predictable programming framework of Four Service Areas: Team Sports, Individual Sports, Fitness & Health and Outreach Programs.

#### Guiding Principles:

- Safe, accessible child and youth-friendly program settings support and reflect the interests, needs, input and involvement of children and youth
- Positive adult, child and youth relationships, parental involvement, Command support and partnerships demonstrate advocacy for children and youth
- Child, youth and parent involvement and empowerment indicate the application of SF Program practices, methodologies and programming
- Dedicated, knowledgeable and identifiable staff promote positive child and youth development
- Accountable business practices, motivational leadership and subject-matter expertise validate effective management

CYSS Youth Sports & Fitness Building 8743, 2nd Floor Office # 222. DSN 485-7210 / Civ. 06783-6-7210 Fax: DSN 485-6851 / Civ. 06783 -6-6851.

### Individual Sports, Health & Fitness and Outreach Programs

Individual Sports Programs offered: Wall-Climbing, Badminton, Swimming, In-line Skating, Bowling, Bicycling, Skiing, Snowboarding & Archery, Dodgeball

Health & Fitness Programs offered: Triple Play, Healthy Habits & Sports Club

Outreach Programs offered NYSCA Coach Training, PAYS, Start Smart Program, MWR Partnerships, Special Olympics (in Kaiserslautern), Motor Skills Activities, Skill-Building Camps & Clinics

Special Events: Former/Current Professional Athlete Visits

Other offerings: Official/Umpire Certifications & Partnerships with Local National Clubs and Youth Programs

For the latest information, please give your CYSS Youth Sports & Fitness Office a call for what they currently have to offer.

Below is a sample of possible offerings throughout the year, depending on availability and participation: Flag Football, Basketball, Tee-Ball, Skill Building Clinics, Tackle Football, Cheerleading, Coach Pitch, Special Events, Soccer, Wrestling, Baseball, Cheerleading, Softball



# German - American Healthcare Center

Dr. med. A. Baker-Schreyer (MD)

Dr. med. N. Hammerschmitt (MD)

Dr. med. H. Raahimi (MD)

Dr. med. Peter Jung (MD)

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- Plastic Surgery
- Allergology
- Somnology
- In and Out Patient Surgery

## Specialists for:

- General and Vascular Surgery
- Minimal Invasive Surgery
- Hernia Repair
- Thyroid Surgery
- Diagnosis and Therapy of Venous Disease

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- Acupuncture Therapy
- Epidural Steroid Injection

Telephone: 0 63 71 - 40 49 -100

Fax: 0 63 71 - 40 49 -115

E-Mail: [info@mvz-westpfalz.com](mailto:info@mvz-westpfalz.com)

[www.mvz-westpfalz.com](http://www.mvz-westpfalz.com)





# Like Netflix for free

**Baumholder Library**  
Bldg. 8332 Smith Barracks,  
M-F 10 a.m. - 8 p.m.

Sat Noon-5 p.m., Closed Sunday  
and US Holidays

*Note: as of publication time, hours of operation  
were subject to change please call the facility to  
ensure they are open before visiting.*

+49(0)6783-6-1740 or 485-1740

Avid readers of all ages will be surprised at the massive building housing the varied resources at the Baumholder Library. The building is the largest library complex in the Army Europe library system offering Magazines, reference materials, DVDs in regular and BlueRay format, downloadables for ipods/ipads, music, audio books, play-aways, games, movies and a video messenger system are just a few of the resources offered.

#### Book Club

Join the free adult Library Book Club for ages 18 and older offering book discussions. Date and time are determined by group.

Books are selected from library book kit titles found on the Army Europe Library homepage at <http://www.library.ulinet.army.mil/> Book Kits may also be ordered to start your own Book Club with friends.

#### Interlibrary loans

If the library does not have what you are looking for, they can request material from other Army Libraries. For more information on free interlibrary loans, call the library at mil 485-1740 or (06783) 6-1740 or visit Building 8332.

Library Resources for Homework Discover databases, conduct research, and become familiar with library resources that can assist you with your home work assignments. Tuesdays at 5:30.

#### Audio Books, DVDs, CDs, and Games

Your Baumholder library has extended the DVD movie collection with a new addition of classic American and foreign films. Audio Books, CDs and Games are

also available to check out. All material is free of charge.

#### Toddler Story Time

Pre-literacy program appropriate for ages 2-3 years old. Develop reading and listening skills for your children at an early age. Stories are read to children followed by projects, crafts, and other social interactions. Program last approximately one hour. Thursdays at 3:30 p.m. Parents must remain with children.

#### Children's Story Time

Beginning reader program is appropriate for ages 4-5 years old. Stories are read to children followed by projects, crafts, and other social interactions. Program lasts approximately one hour. Tuesdays at 10:30 a.m. Parents must remain with children. For more information call the library at mil 485-1740 or (06783) 6-1740 or visit Building 8332

#### Video Messenger

Record yourself and/or family reading stories together. Create



a family memento to take on deployment, send back home, or to celebrate birthdays, and other occasions. Video Messenger is available by appointment.



**Tri-Care Provider**

**Dr. Burga Ripplinger | Dr. Peter Ripplinger**  
orthodontists  
[www.kfo-ramstein.de](http://www.kfo-ramstein.de)

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- Treatment for adults
- Invisible tooth treatment
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- Tooth bleaching
- Mouth guards

KFO Ramstein | Poststraße 10 | 66877 Ramstein-Miesenbach  
phone 06371/44422 | fax 06371/57788 | [info@kfo-ramstein.de](mailto:info@kfo-ramstein.de)

[www.kinderwunsch-trier.de](http://www.kinderwunsch-trier.de)



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Fax  
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AUTHORIZATION

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# Family and MWR phone guide

*FMWR FAX: 485-6960 (or 06783-6-6960)  
Draughton Circle, 55774 Baumholder 8680 ..*

**Director 8680.....485-1550/7289**  
Management Assistant 8680..... 485-1550  
Conference-Room 8680..... 485-7332  
Information Services 8680 ..... 485-6909  
Functional Admin 8680..... 485-7444  
Marketing 8680..... 485-6263

## **BOD – BUSINESS OPERATIONS DIV.**

Business Operations Officer .... 485-6970  
Strikers Bowling, 8105..... 485-6569  
Rheinlander 8085 ..... 485-6533/6941  
Java Café, 8667 ..... 485-6439  
Rolling Hills Golf, 8888.... 485-7299/6172

## **CRD – COMMUNITY RECREATION DIV.**

### **Bldg 8680**

CRD Chief..... 485-6154  
Creative Arts, 8895..... 485-6687/6021  
Hilltop Theatre, 8895..... 485-7244  
Auto Craft Shop, 8438 ..... 485-6344  
Auto Parts Yard, 8443 ..... 485-6684  
Library, 8106 ..... 485-8851  
Librarian, 8106..... 485-7229/1740  
Outdoor Recreation, 8167 ..... 485-7182  
Rod & Gun Pro Shop, 8167 ..... 485-6202  
ODR Club House, 8167.....  
.....485-7182/6345/6202  
Non-Facility Based Programs  
and BOSS Advisor, 8680 ..... 485-6115  
Sports & Fitness: 8105 ..... 485-7176/6671  
Supv. Sports Specialist..... 485-7176/6671  
Fitness Coordinator, 8895..... 485-6671  
Health & Fitness, 8105..... 485-6671  
Hall of Champions, 8105.....  
.....485-6303/6615/6615  
Mountaineer, 8220 ..... 485-7418/7286  
Aquatics Pool, 8897..... 485-7093

## **FMD – FINANCIAL MANAGEMENT**

### **bldg 8680**

Budget Analyst, 8680..... 485-6026  
Check Control/Budget ..... 485-6130

NAF Property ..... 485-6435  
VAT (Tax) Office, 8661..... 485-1780  
Financial Assistant, 8680..... 485-7263  
LAGERHOF INN, 8076..... 485-7433  
Reservation desk..... 485-1700/8076

### **CPO – AF services .... Fax: 485-6725**

U.S. Specialist ..... 485-1630  
Asst. U.S. Specialist..... 485-6735  
LN Specialist..... 485-6590  
CPO – NAF services..... Fax:2868  
NAF Human  
Resources Assistant ..... 485-6566  
Wiesbaden NAF..... 334-2547  
Wiesbaden AF ..... 334-2539

## **CYS-CHILD & YOUTH SERVICES**

### **Bldg 8743**

CYS Chief ..... 485-7210  
*Military Family Life Consultants, 8745*  
*.....015224211044*  
Central Registration, 8743..... 485-7003  
Central Registration, 8743..... 485-7003  
Family Child Care (FCC), 8743 .....  
..... 485-6588  
Nurse, 8743..... 485-6639  
Outreach Services ..... 485-7393  
School Liaison Officer, 8743 ... 485-6968  
Functional Technology, 8743 ... 485-6852

## **USAG-Baumholder FMWR Family Support Programs**

## **CYS-CHILD & YOUTH SERVICES**

Bldg 8743  
CYSS Chief ..... 485-8664  
Parent Cen Services, 8743, ..... 485-7003  
Deployment Services 8743, ..... 485-6756  
Family Child Care, 8743, ..... 485-6588  
Nurse, 8743, ..... 485-6639  
Outreach Services ..... 485-7393  
School Liaison Ofcr, 8743, ..... 485-6968  
Functional Technology, 8743, .. 485-6852  
SKIES, 8046, ..... 485-6641  
Youth Sports/Fitness, 8743, .... 485-7198  
Sports Distribution, 8438, ..... 485-7320  
Program Operations, 8743 ..... 485-8664

Deployment Services 8743, ..... 485-6756  
Child Development Centers:  
Smith CDC, 8099, ..... 485-6461/7227  
Wetzel CDC, 8862 ..... 485-7284/7133  
School Age Center, 8879,.....  
..... 485-7475/8792  
Wetzel Middle School &  
Teen Program, 8875, ..... 485-6810/6323  
Workforce Prep. 8875 ..... 485-6810  
Military Family Life  
Consultants, 8745 ..... 015224211044

## **ACS-ARMY COMMUNITY SERVICE**

### **bldg 8746**

ACS Chief ..... 485-8188  
Info Referral ..... 485-8188  
Info Referral/Marketing..... 485-6808  
Admin. Office..... 485-6818  
Admin Office..... 485-6171  
Army Emergency Relief ..... 485-6252  
FR Program..... 485-6372  
Mobility/Deployment  
Outreach..... 485-8183  
Community Information..... 485-6914  
CIC Spec ..... 485-6914  
Employment Readiness..... 485-6565  
Exceptional Family Member..... 485-8184  
..... 485-7258  
Family Advocacy Program..... 485-6468  
Family Advocacy Program..... 485-6985  
Family Advocacy Program..... 485-8839  
Family Advocacy Program..... 485-7368  
Emergency Placement Care..... 485-8542  
Family Advocacy Program..... 485-8012  
Family Advocacy, 8444 ..... 485-7136  
Family Advocacy,8444..... 485-7136  
New Parent Support, 8746..... 485-6872  
Relocation, 8746 ..... 485-6696  
Relocation, 8746 ..... 485-8011  
Relocation, 8746 ..... 485-6805  
Relocation, 8746 ..... 485-8186  
Volunteer Program Installation  
AFAP/AFTB, 8746..... 485-6692  
Soldier and Family Assistance  
Center, 8746..... 485-6871/9145



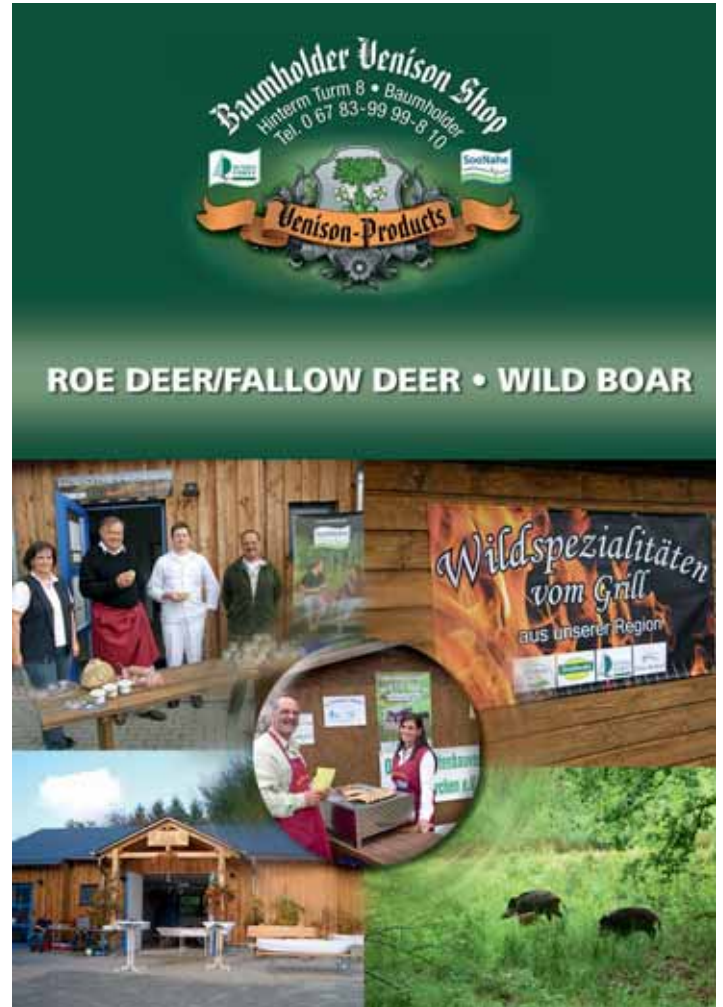
# Save money on your ride at Auto Skills

Auto Skills Center Smith Barracks Bldg 8438 , DSN 485-6344 Civ 06783-6-6344, Tues-Fri 1 p.m.-9 p.m., Sat & Sun 10 a.m.-5 p.m. Closed Mondays and US Holidays, Training Holidays 10 a.m.-6 p.m.  
 Auto Parts Yard Smith Barracks Bldg 8443, DSN 485-6684 Civ 06783-6-6684, Summer hours: Tues-Fri Noon-8 p.m., Sat & Training Holidays 10 a.m.-6 p.m. closed Sun, Mon & U.S. holidays.  
 Winter hours: Tues-Sat 10 a.m.-6 p.m. closed Sun, Mon and U.S. Holidays. Training Holidays 10 a.m.-6 p.m.

**Family Member Deployment Assistance Program** Learn to perform repairs and maintenance on your vehicle for FREE. All you have to pay for are the bay fees. \$6 per hour on lift bay, \$5 per hour on flat bay- Roadside repair course Get the skills you need to feel safe. Walk-ins accepted every Wed. from 2-4 p.m. at or call for a special appointment. Individuals and groups welcome, so call today.

**In appreciation of Military Spouses** Get fluid levels and tire pressure checked in your vehicle for FREE Assistance on vehicle maintenance checks is available for vehicles, bay use fees apply. Need parts for your vehicle? Come to the Auto Parts Yard for winter tires, snow chains, first aid kits, winter triangles, windshields, fenders, radios and more.

**Need a used Car?** For affordable used car sales come to Baumholder Auto Parts Yard to test-drive vehicles on location and go over what papers are needed to register vehicles. Come to the Auto Parts Yard to put in a sealed bid or cash and carry automobile. Valid USAEUR driver's license and be a U.S. ID card holder needed and vehicle registered with USAEUR prior to removal from the auto lot.  
 Vehicle Safety Inspection Come by the Auto Skills Center every Wed. at 2 p.m. to have the auto skills staff assist you in inspecting: Coolant, tires, wipers, lights, exhaust, etc. For those new to the auto skills center, consider taking our shop orientation class. Learn how to acquire a bay, obtain tools, operate car lifts and find the locations of hazardous waste receptacle.



**Towing and Roadside offered** to ID Card Holders with proof of ownership (registration) anywhere in Germany Tue - Sat 1000 - 6 p.m.. Tow fees: \$50 Hookup Fee plus a one way charge of \$1 per kilometer. Roadside Assistance (Change a flat or jump start). Fee \$20 only offered within USAG Baumholder Tue - Sat 10 a.m. - 6 p.m..



The advertisement features a large white silhouette of a person on the right, reaching towards three interlocking gears. The text 'discover explore participate experience understand ...' is arranged vertically on the left. At the bottom, there is a row of small photos showing various activities like a child on a slide, a person in a lab, and a child with a globe. Below the photos, the opening hours are listed: 'Opening Hours: Monday - Friday: 9 a.m. - 6 p.m. • Saturday • Sunday • Holiday: 10 a.m. - 6 p.m.'

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## CALLING OTHER GARRISONS

DSN	CITY	(CITY CODE)	CIVILIAN	PREFIX
468	Ansbach	(0981)		183-last 3/15xx
				or 16xx-last 4
489	Bamberg	(0951)		300-last 4
485	Baumholder	(06783)		6-last 4
365	Brussels	(02-707)		9 last 3
368	Brussels	(02717)		9-last 3
361	Chievres	(068)		27 last 4
440	Garmisch	(08821)		750-last 3
475	Grafenwoehr	(09641)		83-last 4
370	Heidelberg	(06221)		57-last 4
371	Heidelberg	(06221)		342-last 3
373	Heidelberg	(06221)		17- last
374	Heidelberg	(06221)		398-last 3
388	Heidelberg	(06221)		338-last 4
466	Hohenfels	(09472)		83-last 4
467	Illesheim	(09841)		83-last
467	Katterbach	(09802)		83-last 4
482	Kaiserslautern	(0631)		415-last 4
483	Kaiserslautern	(0631)		411-last 4
484	Kaiserslautern	(0631)		43-last 4
486	Landstuhl	(06371)		86-last 4
88	Landstuhl	(06371)		92-last 4
633	Livorno (Camp Darby)	(050)		54-last 4
334	Mainz-Kastel	(06134)		508-last 3

380	Mannheim	(0621)		730-last 4
382	Mannheim	(0621)		779-last 4
385	Mannheim	(0621)		730-last 4
480	Ramstein	(06371)		47-last 4
360	Schinnen	(0031)		46-443-last 4
364	Schinnen (AFNORTH)	(0031)		45-526-last4
354	Schweinfurt	(09721)		96-last 4
379	Schwetzingen	(06202)		80-last 4
375	Seckenheim	(0621)		487-last 4
496	Sembach	(06302)		67-last 4
366	SHAPE	(065)		32-last 4
423	SHAPE	(065)		44-last 4
452	Spangdahlem	(06565)		61-last 4
420	Stuttgart (Robinson)	(0711)		819-last 4
421	Stuttgart (Kelley)	(0711)		729-last 4
430	Stuttgart (Patch)	(0711)		680-last 4
431	Stuttgart (Panzer)	(07031)		15-last 3
476	Vilseck	(09662)		83-last 4
634	Vicenza	(0444)		71 last 4336
335	Wiesbaden	(0611)		4080-last 3
336	Wiesbaden	(0611)		816-last 4
337	Wiesbaden	(0611)		705-last 4
338	Wiesbaden	(0611)		380-last 4
350	Würzburg (Hospital)	(0931)		8043-last 3
350	Würzburg (Leighton)	(0931)		889-last 4

### emergency numbers

For Information & Emergency dial  
Operator Assistance.....0  
Information.....DSN 113

AMERICAN RED CROSS After Hours  
Emergencies  
DSN .....431-2334  
Civ.....07031-152-334

EMERGENCY WORK ORDER  
DSN ..... 115

FIRE  
DSN ..... 117

AMBULANCE  
Duty Hours .....DSN 116  
After Hours .....DSN 114

POLICE  
Military .....DSN 114  
German ..... 110 (from Civ. line)

### Armed Forces Network

## Baumholder on AFN Radio

Tune at 5 p.m. on AFN FM 100.2 Kaiserslautern or FM 106.1 for the latest on Baumholder news. Keep up on the latest in TV schedules, weather, gas prices and exchange rates: log on to <http://www.afneurope.net>. Get the latest local information by tuning your AFN Decoder to channel 19. You'll get news and information about installations in the Kaiserslautern and Baumholder Military Community. Just tune your AFN Decoder to channel 19. Listen to AFN radio on your TV. Tune your AFN Satellite De-

coder to channel 192 to listen to 100.2 FM or tune your Decoder to channel 193 to listen to 1107 AM. For a complete listing of all the channels available on your AFN Satellite Decoder visit [afneurope.net](http://afneurope.net). In the Know – ways to find out what is happening in Baumholder. Baumholder area phone books available. The Find-It Guide is your local phone resource for K-town and Baumholder. The Find-It Guide lists phone numbers from around Europe to include

Baumholder, Heidelberg, Mannheim, Ramstein, Vogelweh, Sembach, Kleber, Polaski and Spangdahlem as well as quick references for other areas such as AFRC. Don't forget that there are free coupons inside, and remember, the Find-It Guide is free, brought to you by Advanti-Pro, publisher of the Herald Union, Kaiserslautern American, Tri-Border Reporter and, The Saber Herald. Call Ms. Barron at 485-7127 or 06783-6-7127 for delivery.

### tuning in

## AFN Europe Radio Frequencies

Germany	AM	FM	Grafenwoehr	1107	101.4	Stuttgart	1143	102.3
Ansbach	1485	107.3	Heidelberg	1143	104.6	Vilseck	110798.5 or 107.6	
Bamberg	1143*	----	Hohenfels	1485*	89.4**	SHAPE	----	104.2
Bitburg	1143	105.1	Kaiserslautern	1107	100.2	Schinnen	----	89.2
Bonn	----	107.9	Mannheim	1143	107.3	ITALY	----	106.0
Frankfurt	873	98.7	Pirmasens	----	103.0			
Garmisch	1485	90.3	Schweinfurt	1143	87.7			





# Baumholder Aquatics Facility

## Aquatics Facility

8897, Upper Wetzel,  
phone: 485-7093/6575,  
CIV 067836-7093/6575

Hours: Tues - Fri 1130-1900;  
Sat, 1000-1700;  
closed Sun/Mon.  
Hours subject to change.

Baumholder is home to the Army's only indoor aquatics facility in Germany. For an excellent cardio, low impact, high energy workout, simply head over to the swimming pool and get acquainted with the facility and staff. The helpful lifeguards will show you swimming techniques and the latest equipment available to get you in top shape in no time

## Water Aerobics Program

a fun way to get fit. Combines cardiovascular conditioning and strength building with a low impact workout in the water. Use the natural resistance of the water to get a great overall body workout! Water Aerobics class: Tue and Thu,

6-7 p.m.; Aqua Jogger class:  
Fri, 11:45 a.m. – 12:45 p.m.

## Learn-to-Swim Program

Certified American Red Cross Water Safety Instructors teach year round learn-to-swim and water adjustment classes for young children, ages 12 months to 5 years, youth ages 6 years and up, and adults. Look for date, time, and level information, or contact Aquatics Manager for details.

## Spring Splash and Winter Splash

(AQ)(\$): A seasonal swimming opportunity to learn something new and/or review swimming skills. Each session provides a hands-on education session to learn how to be safe in, on, and around the water. No certification will be awarded. Look for date, time, and level information, or contact Aquatics Manager for details.

## Lifeguard Training Course

The American Red Cross

Lifeguard Training Course provides training for entry-level lifeguards. Participants learn skills and knowledge necessary to help prevent, to recognize, and to respond to emergencies and sudden illness. Call to get on the waiting list and receive information when course is being offered.

## Water Safety Instructor Course

The American Red Cross Water Safety Instructor Course provides training for individuals to become certified swimming instructors. Learn how to teach the fundamentals of learning to swim, how to breakdown strokes, how to apply hydrodynamic principles, and how to adapt teaching methods for the very young child, adults, and individuals with special needs. Call to get on the waiting list and receive information when course is being offered.

## Unit Training and Unit PT

Aquatics Training is offered

for units and covers a gamut of areas such as Water Survival Training, APFT Swim Test, Combat Water Survival Testing, SWET Rollover Trainer, as well as alternative PT activities such as Water Aerobics, Aqua Jogger, Water Exercise, Fundamentals of Swimming, Swimming Conditioning, etc. Trained instructors are provided. Allow two to three weeks advance notice. Please call for date and time availability. Reservation required. Have another water request in mind?

**Multi-Purpose Room Rental** Need a place for a birthday party, baby shower, meeting, or class? The Multi-Purpose Room is a cozy room that can be rented for a nominal fee. Initial rental period is two hours. Maximum capacity is 38 people. Please call for date and time availability. Reservation required.

# Baumholder Soldier and Family Assistance Center

Come by your Baumholder ACS, Mon – Fri, 8 am – 5 pm, building 8746,

Health Clinic Complex, to find out more information on a program or class that we offer.

Feel free to give us a call at

DSN: 485-8188 or CIV: 06783-6-8188 for additional information on a class or program.

**The Soldier and Family Assistance Center (SFAC)** is a one-stop location designed to provide support services regarding finances, child care, Family Advocacy, budgeting, Chaplain assistance, Legal Assistance, Military Personnel issues, logistics and transportation, installation access, VA benefits counseling, education and employment opportunities.

## Employment Readiness

The ACS Employment Readiness Program strives to provide a full range of employment related services to family members seeking assistance in acquiring skills, networks, and resources that lead to career development, career opportunities and career advancement both locally and stateside.

## New Parent Support Program

The New Parent Support Program is a professional team of social workers and nurses who provide supportive and caring services to military Families with children from birth to three years of age. Through a variety of programs including home visits and parenting classes, the New Parent Support Program will help you learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood.

## Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program

based on carefully defined rules. EFMP works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support and personnel services to families with special needs.

## Financial Readiness Program

The Financial Readiness Program offers a variety of services such as finance education, budget assistance, and personalized budget counseling along with a host of many other finance support programs. It provides Soldiers and their Family members a ready-made program to help achieve personal financial readiness and deploy-ability through the use of sound money management and consumer skills.

## Relocation Readiness

Relocation Readiness team helps soldiers and Families reduce the problems often associated with frequent relocation. We offer various services, from inbound to outbound, as well as multi-cultural services.

## Mobilization and Deployment

Separation is never easy and unfortunately as we all know, Army life means separation. Although you may not be together, there are many things that you can do to strengthen your relationship. We understand the stresses that you as a spouse, a child, a parent or loved one can go through and offer classes on how to effectively handle them.

## Family Advocacy Program

The Family Advocacy Program (FAP) provides a comprehensive public awareness program to address child abuse, neglect, and spouse abuse to include Command and troop education, community awareness briefings, DoDDS schools and parent education and support. The FAP program is designed to PREVENT abuse and encourage early reporting and treatment. The FAP program also has extensive classes on a variety of issues like Anger Management, Stress Management, etc.

## Army Volunteer Corps

Are you looking for ways to be involved in your community? "Inspire by Example" join the corps of volunteers already present in Baumholder. Our Volunteer coordinator can help place you in a wide variety of positions through the community.

## Army Emergency Relief

Army Emergency Relief (AER) is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". It provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers. Funds are there to provide emergency financial assistance to Soldiers - active & retired - and their dependents when there is a valid need.

## Army Family Team Building

Army Family Team Building (AFTB) is a series of training modules that cover topics such as basic information about the Army, personal growth skills and leadership skills. AFTB improves personal and Family preparedness which enhances overall Army readiness and helps America's Army adapt to a changing world.

## Military & Family Life Consultants

Military and Family Life Consultants (MFLC) provide solution-oriented consultations to individuals, couples, families, and groups. The program is designed to provide support and assistance to active duty Soldiers, National Guard & Reserves, military Family Members and civilian personnel. MFLC's can help people who are having trouble coping with concerns and issues of daily life.

## Survivor Outreach Services

Survivor Outreach Services (SOS) is an Army-wide program designed to provide dedicated and comprehensive support to survivors of deceased Soldiers. The SOS coordinator provides long-term support throughout the grief process, coordinates support groups, provides information and referral services, coordinates child care as needed, and provides other services as required.





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