Welcome Packet

ACS-Rheinland-Pfalz
Major Resources Utilized for Service Members and Relocation Readiness

- USAG Rheinland-Pfalz Facebook Page [https://www.facebook.com/army.rp/](https://www.facebook.com/army.rp/)
- USAG Rheinland-Pfalz Baumholder Facebook Page [https://www.facebook.com/USAGRheinlandPfalzBaumholder/](https://www.facebook.com/USAGRheinlandPfalzBaumholder/)
- USAG Rheinland-Pfalz MWR Website [https://rheinland-pfalz.armymwr.com](https://rheinland-pfalz.armymwr.com)
- USAG Rheinland-Pfalz ACS Facebook [https://www.facebook.com/RheinlandPfalzACS](https://www.facebook.com/RheinlandPfalzACS)
- ACS Originational Email Box usarmy.rheinland-pfalz-europe.mbx.dfmwr-acs@mailmil
- Plan My Move Website [https://planmymove.militaryonesource.mil/](https://planmymove.militaryonesource.mil/)
- Military Installations [https://installations.militaryonesource.mil/](https://installations.militaryonesource.mil/)
- Request a sponsor on Army Career Tracker (ACT) [https://actnow.army.mil/](https://actnow.army.mil/)
- eSAT Sponsorship Training Website [https://myhub.militaryonesource.mil](https://myhub.militaryonesource.mil)
- Billeting/Lodging Access on Baumholder and Ramstein
  - [https://baumholder.armymwr.com/programs/army-lodging](https://baumholder.armymwr.com/programs/army-lodging)
  - [https://af.doddlooding.net/properties/Ramstein-Inns-Ramstein](https://af.doddlooding.net/properties/Ramstein-Inns-Ramstein)
Kaiserslautern

ARMY COMMUNITY SERVICE | FACT SHEET

ACS Main Building 3210 | Second Floor, Kleber Kaseme
DSN: 541-9000, CIV: 0611-143-541-9000
Hours of Operation: Mon-Wed & Fri 8 a.m.-5 p.m. and Thu 8 a.m.-1 p.m.

ARMY EMERGENCY RELIEF: DSN 541-9000, CIV: 0611-143-541-9000
After hours assistance may be requested for Emergency Travel ONLY by calling the American Red Cross Military Assistance hotline: (03) 017-872-72-7337

ARMY FAMILY ACTION PLAN: DSN 541-9000, CIV: 0611-143-541-9000
Quality of life issues are accepted year round through the Issue Management System located at www.armymoneysource.com. Please submit ideas on what you think would improve the quality of life for Soldiers, Families, Civilians, Retirees, and Survivors.

ARMY FAMILY TEAM BUILDING: DSN 541-9000, CIV: 0611-143-541-9000
Personal Skills & Basic Army Knowledge courses / Management Skills courses / Professional Growth & Leadership Development courses / Specialized Unit Training.

ARMY VOLUNTEER CORPS COORDINATOR: DSN 541-9000, CIV: 0611-143-541-9000
Community volunteer recruitment and management / Volunteer workshops and training / Volunteer recognition.

EMPLOYMENT READINESS PROGRAM: DSN 541-9001, CIV: 0611-143-541-9001
Employment preparation workshops / Job skill development and assessment / USA jobs board/training (computer access available) / Current job listings in the local community / Career counseling & interview skills / Behavioral Job Fair.

EXCEPTIONAL FAMILY MEMBER PROGRAM: DSN 541-9001, CIV: 0611-143-541-9001
A “one-stop-shop” for families with special needs / Provides a multi-agency network for EFMP community support / Services include information, referral, and advocacy / Support groups and networking opportunities / Dität der Familie / EFMP systems navigation connects Families to community resources.

FAMILY ADVOCACY PROGRAM: DSN 541-9028, CIV: 0611-143-541-9028
Prevention / Education on child and spouse abuse / Troop / Community education / Enrichment programs and classes.

EMERGENCY PLACEMENT CARE PROGRAM: DSN 541-9028, CIV: 0611-143-541-9028
Emergency home placement of children at risk for or experiencing abuse or neglect / Emergency Placement Care parent training/ certification.

NEW PARENT SUPPORT PROGRAM: DSN 541-9028, CIV: 0611-143-541-9028
Information, resources, education and referral services to new and expectant parents / Home, office and hospital visits / Phone consultations / Parenting Classes (DADS 101: A Crash Course for New Dads) / Comfort Measures & Relaxation for Child Birth / Basic Training for new parents / Breasteading support / Playgroups, offered monthly.

VICTIM ADVOCACY PROGRAM (Domestic Violence): DSN 541-9028/2028, CIV: 0611-143-541-9028
24-HOUR CRISIS LINE: CIV: 0162-296-7320
Helps victims of domestic violence / Provides crisis intervention / Information about your rights as a victim of domestic violence / Information, referral, support and options.

FINANCIAL READINESS PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000
Offers education, coaching and support services to assist active and retired Soldiers, their Families, and DA Civilians with financial affairs. Trained personnel can provide unit training on a wide variety of financial topics. One-on-one financial coaching appointments are also available. Application certification for Family Subsistence Supplemental Allowance (FSSA) / Consumer Advocacy / Early Repayment of Dependents (ERD) / Financial coaching / Credit report review / Personal Financial Readiness / Thrift Savings Plan (TSP) / Planning for retirement and the Blended Retirement System (BRS)

INFORMATION, REFERRAL & FOLLOW-UP PROGRAM: DSN: 541-9003, CIV: 0611-143-541-9003
Information on military and civilian community resources / Information about the local bus and rail system / Special Host Nation services / Translation / Explanation and assistance with German bills & other correspondence / Military OneSource information.

MOBILIZATION / DEPLOYMENT READINESS PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000
Readiness Essentials for Army Leaders (RELA)/ training / Family Assistance Center operations / Family Readiness Group / Rear Detachment Commander and Family Liaison Officer instruction / Pre-deployment, deployment, post-deployment and reunion support / Army Career Program Accountability and Assessment System (ACAP) / Resilience training.

RELOCATION READINESS PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000
Relocation counseling appointments / Military sponsorship training / Spouse sponsorship training / English as a Second Language (ESL) / Congressional German classes (Level I & II) / Foreign language classes / Foreign language class / Kaiserslautern dry tour / Host Nation orientation / Smokey Bear website for your PCS / Multicultural Spouses Club

LENDING CLOSET: DSN: 541-9007, CIV: 0611-143-541-9007
Bldg. 3213, Room 107
Mon-Wed & Fri: 8 a.m.-5 p.m. and Thu 8 a.m.-11 a.m. Closed for lunch Mon-Wed, Fri: 11:30 a.m.-12:30 p.m.
Serves basic household goods that may be borrowed for 60 days, including ready-to-go kits, small appliances, baby items, and other miscellaneous items. Must be returned within 60 days or in processing by post. Available to Soldiers, Civilians,

SEXUAL HARASSMENT / ASSAULT RESPONSE & PREVENTION PROGRAM (SHARP)
DSN: 541-9030, CIV: 0611-143-541-9010
24-HOUR SHARP HOTLINE: DSN 484-7280, CIV: 0611-143-7280
Provides assistance for all Garrison Soldier sexual harassment complaints and provides victim advocacy services for reports of sexual assault for Soldiers, Department of the Army civilians, and Family members.

SURVIVOR OUTREACH SERVICES: DSN: 541-9000, CIV: 0611-143-541-9000
The Survivor Outreach Program (SOS) delivers on the Army’s commitment to Families of the fallen. SOS connects you with people who can help you cope with your loss.

MILITARY FAMILY LIFE Councelors (MFLC)
MFLC’s are available to help all Service Members, Spouses, Family members, children, and staff to address marriage relationships / Stress & Anxiety / Emotional support / Grief and loss / Daily life issues. Consultations are free and anonymous / No records kept.

MFLC’s are available after hours and on weekends and can arrange for off-site meetings that are convenient to the client.

Call to schedule an appointment:
Landsdor: CIV: 0152-2479-2559
Kleber: CIV: 0675-795-3322
Kiesinger/Doener: CIV: 0130-369-3592
RO: CIV: 0152-2368-2124
Sembach/Fulikr: CIV: 0152-2368-2124
www.facebook.com/KaiserslauternACStraining
Baumholder

ARMY COMMUNITY SERVICE | FACT SHEET

ACS Main Building 8746 | Clinic Kasernen
DSN: 531-2850, CIV: 0411-143-531-2850
Hours of Operation: Mon-Wed & Fri 8 a.m. - 5 p.m. and Thu 8 a.m. - 1 p.m.

ARMY EMERGENCY RELIEF (DSN): 531-2850, CIV: 0411-143-531-2850
After Hours assistance may be requested for: Emergency Travel ONLY by calling: American Red Cross Military Assistance Hotline: (Toll-Free) 1-800-228-1112
Emergency financial assistance for Soldiers, Family Members & Retirees / Scholarships for dependent children and spouses of Active Duty, Retired and deceased Army Soldiers. www.ardho.org

ARMY FAMILY ACTION PLAN
Quality of life issues are accepted year round through the Issue Management System located at www.armyfirseources.com. Please submit ideas on what you think would improve the quality of life for Soldiers, Families, Civilians, Retirees, and Survivors.

ARMY FAMILY TEAM BUILDING
Personal Skills & Basic Army knowledge courses / Management Skills Courses / Professional Growth & Leadership Development Courses / Specialized Unit Training

ARMY VOLUNTEER CORPS COORDINATOR
Community Volunteer Recruitment and Management / Volunteer Workshops and Training / Volunteer Recognition

EMPLOYMENT READINESS PROGRAM
Employment Preparation Workshops / Job Skill Development and Assessment / USA Jobs Classes / Training (Computer Access Available) / Current Job Listings In the Local Community / Career Counseling & Interview Skills / BI-annual Job Fair

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
A “one-stop-shop” for Families with Special Needs / provides Multi-Agency/Network for EFMP Community Support Services includes: Information, Referral, and Advocacy / Support Groups and Networking Opportunities are Available / Respite Care Providers / EFMP Systems Navigation connects Families to Community Resources.

FAMILY ADVOCACY PROGRAM
Prevention / Education on Child and Spouse Abuse / Troop & Community Education / Enrichment Programs and Classes

- EMERGENCY PLACEMENT CARE PROGRAM
24-HOUR HOTLINE: CIV: 0152-296-9282
Emergency in-home placement of children at risk for or experiencing abuse or neglect / Emergency Placement Care Parent Training / Certification

- NEW PARENT SUPPORT PROGRAM
Information, resources, education and referral services to new and expectant parents / Home, office and hospital visits / Phone Consults / Parental Classes (DAES 314) / "A Crash Course for New Dads" / Comfort Measures & Relaxation for Child Birth / Basic Training for new parents, breastfeeding support, and playgroups offered monthly.

- VICTIM ADVOCACY PROGRAM (Domestic Violence)
24-HOUR CRISIS LINE: CIV: 0152-296-7320
Help for victims of domestic violence / Provides crisis intervention / Information about your rights as a victim / Domestic violence / Information, referrals, support and options

Revised 10/19/2018
EMERGENCY DSN PHONE NUMBERS

110  LAW ENFORCEMENT
112  FIRE / MEDICAL
118  SUICIDE HOTLINE

NOTE: The “112” emergency phone number also works on Air Force Bases in Europe, in every EU country, and in over 70 countries worldwide.
KMC OnStage Theater
Kleber Kaserne, Bldg. 3232
Tue-Fri, 12-5 p.m. | Cív. 0631-411-6626 | DSN 483-6626

Library
All Libraries: Closed on U.S. Holidays
Kleber Branch Library
Kleber Kaserne, Bldg. 3205
Mon, 11 a.m.-5 p.m., Tue-Fri, 10 a.m.-4 p.m. Closed on German Holidays
Cív. 0631-411-1740 | DSN 483-1740

Rheinland-Pfalz Library
Landstuhl Post, Bldg. 3810
Mon-Thurs, 10 a.m.-6 p.m., Fri, 1-5 p.m. & Sat, 9 a.m.-1 p.m.
Cív. 06371-86-7322 | DSN 486-7322

Baumholder Library
Smith Barracks, Bldg. 8332
Tues, Wed & Fri, 10 a.m.-5 p.m., Thurs. 10 a.m.-6 p.m., Sat, 11 a.m.-3 p.m.
Cív. 0631-143-33-2841 | DSN 531-2841

Naf Personnel Office
Kleber Kaserne, Bldg. 3209
Mon, Tue, Thu, Fri 8 a.m.-12 p.m. & 1-4 p.m., Wed 8 a.m.-12 p.m.
Cív. 0631-411-5849/5880/4851/4853 | DSN 483-5849/5880/4851/4853

Outdoor Recreation
Pulaski Barracks, Bldg. 2905
Mon-Fri, 9 a.m.-6 p.m.
Cív. 0631-3406-417 | DSN 493-4117

Smith Barracks, Bldg. 8167
Mon & Thurs, 10 a.m.-6 p.m. Closed on U.S. Holidays
Cív. 06378-6-7182 | DSN 485-7182

Sports & Fitness Center
Baumholder Aquatic Center
Wetzel Kaserne, Bldg. 8915/8917
CLOSED FOR RENOVATIONS
Cív. 06378-6-7093/6575 | DSN 485-7093/6575

Functional Fitness Center
Rhine Ordnance Barracks, Bldg. 229
Mon-Fri, 5 a.m.-7 p.m., Sat & Sun, 13:30 a.m.-3:30 p.m. U.S. & Training Holidays, 9 a.m.-5 p.m.
Cív. 0631-3406-2241 | DSN 493-2241

Hall of Champions Fitness Center
Smith Barracks, Bldg. 8105
Mon-Fri, 5 a.m.-9 p.m., Sat & Sun, 2-7 p.m.
U.S. & Training Holidays, 10 a.m.-6 p.m.
Cív. 0631-143-33-2836 | DSN 531-2838

Kleber Fitness Center
Kleber Kaserne, Bldg. 3234/3235
Mon-Fri, 5:30 a.m.-9 p.m. & Sat & Sun, 10 a.m.-4:30 p.m.
U.S. & Training Holidays, 9 a.m.-5 p.m.
Cív. 0631-11-7349/7610 | DSN 483-7349/7610

Landstuhl Fitness Center
Landstuhl Post, Bldg. 3720/3722
Mon-Fri, 4:30 a.m.-8 p.m., Sat & Sun U.S. Holidays 9 a.m.-6 p.m.
Training Holidays 4:30 a.m.-8 p.m.
Cív. 06371-86-7172 | DSN 486-7172

Miesau Fitness Center
Miesau Army Depot, Bldg. 1220
Mon-Fri, 12-7 p.m. & U.S. Holidays 12 p.m.-5 p.m.
Cív. 06372-842-3797 | DSN 481-3797

Mountaineer Fitness Center
Smith Barracks, Bldg. 8220
Mon-Fri, 5 a.m.-9 p.m., Sat & Sun, 9 a.m.-2 p.m.
Training & U.S. Holidays 9 a.m.-4 p.m.
Cív. 06378-6-7418 | DSN 485-7418

ROB Fitness Center
Rhine Ordnance Barracks, Bldg. 172
Mon-Fri, 5 a.m.-8:30 p.m., Sat & Sun, 10 a.m.-4:30 p.m.
Cív. 0631-1406-2241 | DSN 493-2241

Sembach Fitness Center
Sembach Kaserne, Bldg. 105
Mon-Fri, 5:30 a.m.-9 p.m. Sat & Sun, 10 a.m.-4:30 p.m.
Training and U.S. Holidays 9 a.m.-5 p.m.
Cív. 0631-143-33-2841 | DSN 531-2841

Value Added Tax (VAT) Office
All VAT and UTAP Offices: Closed on U.S. Holidays
Kleber Kaserne, Bldg. 3245
Mon, 8:30 a.m.-4 p.m. Closed for Lunch, 12-12:30 p.m.
Cív. 0631-411-1780 | DSN 483-1780

Landstuhl Post, Bldg. 3810 (inside library)
Mon-Thurs, 10 a.m.-1 p.m. & 2-5 p.m. Fri, 1-5 p.m.
Cív. 06371-86-7468 | DSN 486-7468

Utility Tax Avoidance Program (UTAP) & VAT Office
Rhine Ordnance Barracks, Bldg. 162
VAT Hours: Mon-Fri, 9 a.m.-5 p.m.
Cív. 0631-143-33-2841 | DSN 531-2841

Utility Tax Avoidance Program (UTAP) & VAT Office
Smith Barracks, Bldg. 8661
Mon-Fri, 10 a.m.-1 p.m. & 2-5 p.m.
Cív. 0631-143-33-2896 | DSN 531-2896

Warrior Zone
Smith Barracks, Bldg. 8112
Mon-Fri, 10 a.m.-1 p.m. & 2-5 p.m. Closed U.S. Holidays
Cív. 0631-143-33-2836 | DSN 531-2838

Sembach Kaserne, Bldg. 220
Mon-Fri, 8 a.m.-10 p.m., Sat & Sun, 12-10 p.m.
Cív. 0631-143-33-2810 | DSN 531-2810

Wellness
All About You Spa
Smith Barracks, Bldg. 8076 (inside Army Lodging)
Mon-Sat, 9 a.m.-7 p.m. Closed U.S. Holidays
Cív. 0631-143-33-2895 | DSN 531-2895

Massage and Yoga Studio
Pulaski Barracks, Bldg. 2899
Hours vary, please check schedule online.
Cív. 0631-3406-4156 | DSN 493-4156

BMC- Baumholder Military Community
KMC-Kaiserslautern Military Community

Revised 9/19/2018

Family and MWR Director
Kaiserslautern
541-9051 | 0611-143-541-9051
gary.w.burton4.naf@mail.mil
rheinlandpflalzmwr
baumholderfmwr
Army Community Service (ACS)
Kleber Kaserne, Bldg. 3210
Mon-Wed & Fri. 8 a.m.-5 p.m., Thu. 8 a.m.-1 p.m.
Civ. 0611-143-541.9000 | DSN 541-9000
Clinical Care, Bldg. 8746
Mon-Wed & Fri. 8 a.m.-5 p.m., Thu. 8 a.m.-1 p.m.
Civ. 0611-143-531-2850 | DSN 531-2850
Army Lodging Lagerhof Inn
Smith Barracks, Bldg. 8076
Check-in is after 2 p.m. Check-out is prior to 11 a.m.
Closed for Thanksgiving, Christmas & New Year’s.
24 Hours: Civ. 0611-143-531-2890 | DSN 531-2900

Arts & Crafts Center
Smith Barracks, Bldg. 8104
Tue.-Fri. 11 a.m.-4 p.m. Sat. 12:30-5 p.m. Closed on U.S. Holidays
Civ. 0611-143-531-2895 | DSN 531-2895

Automotive Skills Center
Landstuhl Post, Bldg. 3800, 97370
Civ. 06371-86-7335 | DSN 486-7335
Craft Shop
Mon-Fri. 9 a.m.-7 p.m., Sat & Sun. 9 a.m.-5 p.m.
U.S. Holidays, 9 a.m.-3 p.m.
Speedy Car Wash (on a seasonal basis)
Mon-Fri. 10 a.m.-6 p.m., Sat. 9 a.m.-5 p.m., Sun. 9 a.m.-3 p.m.
Civ. 06371-86-5153 | DSN 486-5153
Speedy Lube
Mon-Fri. 9 a.m.-7 p.m., Sat & Sun. 9 a.m.-5 p.m.
U.S. Holidays, 9 a.m.-3 p.m.
Civ. 06371-86-7335 | DSN 486-7335

Smith Barracks, Bldg. 8438
Tue-Fri. 11 a.m.-7:30 p.m., Sat. 9 a.m.-4 p.m.
Closed for Holidays, 9 a.m.-3 p.m. Closed on U.S. Holidays
Civ. 0631-3406-4167 | DSN 493-4167

Auto Parts Yard - See Automotive Skills Center for assistance.
Pulaski Barracks, Bldg. 2859
Civ. 0631-3406-4167 | DSN 493-4167

Craft Shop
Mon-Fri. 9 a.m.-7 p.m., Sat, Sun. 9 a.m.-5 p.m.
U.S. Holidays, 9 a.m.-3 p.m.
Closed on Memorial Day, Independence Day, Christmas & New Years
Civ. 0631-3406-4167 | DSN 493-4167

BOSS (Better Opportunities for Single Soldiers)
Rhine Ordnance Barracks, Bldg. 162
Mon-Fri. 8 a.m.-5 p.m.
Civ. 0611-143-541.9059/9060 | DSN 541-9059/9060
Smith Barracks, Bldg. 8112
Mon-Fri. 9 a.m.-6 p.m.
Civ. 0611-143-531-2912 | DSN 531-2912

Child, Youth and School Services
Parent Central Services
Rhine Ordnance Barracks, Bldg. 162
Mon-Fri. 9 a.m.-5 p.m.
Civ. 0611-143-541.9066 | DSN 541-9066
Wetzlar Kaserne, Bldg. 8787
Mon-Fri. 6 a.m.-2 p.m.
Civ. 0611-143-541.9007 | DSN 541-9007
Wetzlar Kaserne, Bldg. 8143
Mon-Fri. 9 a.m.-5 p.m.
Civ. 0611-143-541.9066 | DSN 541-9066
Closed Federal Holidays
Civ. 06783-6-7457 | DSN 485-7457
School Liaison Officer
Rhine Ordnance Barracks
Civ. 0611-143-541.9061 | DSN 541-9061
KIES Unlimited
Landstuhl Post, Bldg. 3819
Mon-Fri. 8:30 a.m.-5:30 p.m.
Civ. 06371-86-5412 | DSN 486-5412
Wetzlar Kaserne, Bldg. 8876
Mon-Fri. 9 a.m.-5 p.m.
Civ. 0611-143-541.9007 | DSN 541-9007
Closed Federal Holidays
Civ. 06783-6-7457 | DSN 485-7457
Child Development Center (CDC)
Civ. 06371-86-6566 | DSN 486-6566
Maus Army Depot, Bldg. 1314
Civ. 06372-842-3774/3639 | DSN 481-3774/3639
Sembach Kaserne, Bldg. 83
Civ. 0611-143-541.9099 | DSN 541-9099
Smith Barracks, Bldg. 8099
Mon-Fri. 8 a.m.-3 p.m.
Civ. 0611-143-531-2935/2936 | DSN 531-2935/2936
Wetzlar Kaserne, Bldg. 8875
School Days: Mon-Thur., 3 a.m.-8 p.m.
Civ. 06371-86-6733 | DSN 485-6733
Family Child Care (FCC)
Civ. 06371-86-8375 | DSN 486-8375
Sembach Kaserne, Bldg. 105
Mon-Fri. 9 a.m.-6 p.m.
Civ. 06302-67-7607 | DSN 496-7607
Wetzlar Kaserne, Bldg. 8876
Mon-Fri. 6 a.m.-2 p.m.
Civ. 06371-86-7210 | DSN 485-7210

Dining and Social
Armstrong’s Club
Veitshof Housing, Bldg. 1036
Civ. 0631-350-7919
Armstrong’s Catering
Civ. 0152-5307-7675
Castello Snack Bar
Civ. 0152-5307-7675
Restaurant
Civ. 06302-67-5180 | DSN 496-5180
Breakfast: Daily, 7 a.m.
Lunch: 11 a.m.-1 p.m. Dinner, 4:30 p.m.
Civ. 06302-67-5178 | DSN 496-5178
Strikers Bowling Center
Smith Barracks, Bldg. 8105
Tue & Wed. 11 a.m.-10 p.m., Thu & Sat 11:30 a.m.-11 p.m.
Civ. 0631-350-8589
Summer: Mon-Sat. 5-10 p.m.
Civ. 0631-350-8589
The Pub
Mon-Thur. 4-11 p.m.
Fri & Sat, 4 a.m.-2 a.m.
Civ. 0631-350-7919
Kazabura Club
Civ. 06371-86-6733 | DSN 485-6733
Vogewog, Bldg. 2057
Mon-Thur. 10 a.m.-8 p.m., Sat. 9 a.m.-7 p.m.
Civ. 0631-350-7918 | DSN 496-7918

Golf Course
Rolling Hills Golf Course
Civ. 0611-143-531-2835
Mon-Fri. 11 a.m.-7:30 p.m., Sat.
Civ. 06371-86-7299 | DSN 485-7299

Bean Cafe
All Java Cafe: Open on Training Holidays
Mon-Fri. 7 a.m.-11 p.m. Closed on Holidays
Civ. 0631-350-7919

Smith Barracks, Bldg. 273
Mon-Fri. 7 a.m.-7 p.m.
Civ. 0631-3406-8263 | DSN 486-6263
Closed for RENOVATIONS
Civ. 0611-143-531-2888

Tavern on the Rock
Civ. 0631-3406-8263 | DSN 486-6263
Sembach Kaserne, Bldg. 109
Civ. 0611-143-541-9101
Closed for RENOVATIONS
Civ. 0631-3406-8263 | DSN 486-6263
Sembach Community Activity Center (SCAC)
Sembach Kaserne, Bldg. 220
Mon-Thur. 9 a.m.-10 p.m., Sat. 9 a.m.-3 p.m.
Civ. 0611-143-541-9112 | DSN 485-6288/2899

BMC - Baumholder Military Community
KMC - Karlsstein Military Community
Rheinlander Convention Center
CLOSED FOR RENOVATIONS
Smith Barracks, Bldg. 8085
The perfect venue for large community functions such as balls, conferences and meetings. Catering services can be requested through the business office inside of the RCC.
DSN 531-2888
Civ. 0611-143-531-2888

Tavern on the Rock
Smith Barracks, Bldg. 8085 (inside RCC)
The perfect spot to relax and enjoy an evening with friends, sing your heart out to karaoke and grab a delicious snack.
Seasonal Hours of Operation
Oct 1 - Mar 31
Thu, 5-10 p.m.  DSN 531-2890
Fri, 5-11 p.m.  DSN 0611-143-531-2890
Sat, 6 p.m.-midnight
Apr 1 - Sep 30
Thu, 5-10 p.m.  DSN 531-2890
Fri, 5-11 p.m.  DSN 0611-143-531-2890
Sat, 8 p.m.-2 a.m.

Rolling Hills Golf Course
Wetzal Kaserne, Bldg. 8888
This 9-hole golf course is open March through November and the driving range has lighting for evening use. We offer rental clubs, carts and practice facilities in a truly picturesque location.
Hours of Operation
Mon-Fri, 10 a.m.-6 p.m.
Sat-Sun & Federal Holidays, 9 a.m.-5 p.m.
DSN 485-7299
Civ. 06783-6-7299

Strikers Bowling Center
Smith Barracks, Bldg. 8105
State of the art lighting and sound, a glow-in-the-dark system, a snack bar, Pinsetters’ Pub and a 24/7 game room. Caters to all ages and continuously develops new programs and special events such as monthly bowling, unit bowling parties and birthday party programs.
Hours of Operation
Tue-Sat, 11:30 a.m.-10 p.m.
Closed Sun-Mon & Federal Holidays
DSN 531-2833
Civ. 0611-143-531-2833

Sports & Fitness
Indoor Swimming Pool CLOSED FOR RENOVATIONS
Wetzal Kaserne, Bldg. 8897
Training equipment is available for usage. U.S. Coast Guard approved flotation devices and pool toys are available for use for infants, youth and adults.
Hours of Operation
Currently under renovations!
Will reopen in 2018.
DSN 485-7093
Civ. 06783-6-7093

Hall of Champions Fitness Center
Smith Barracks, Bldg. 8105
Hours of Operation
Mon-Fri, 5 a.m.-9 p.m.
Sat & Sun, 2-7 p.m.
Federal/Training Holidays, 10 a.m.-6 p.m.
DSN 531-2838
Civ. 0611-143-531-2838

Mountaineer Fitness Center
Smith Barracks, Bldg. 8220
Our fitness centers include free weights, cardio machines, classes, six basketball courts (full and half court play), personal trainers, TRX machines, Family Fitness Rooms, locker rooms, saunas and well-balanced sports programs along with community and intramural level individual and team sports. Mountaineer Fitness Center also includes a Functional Fitness Room.
Hours of Operation
Mon-Fri, 5 a.m.-9 p.m.
Sat & Sun, 9 a.m.-2 p.m.
Federal/Training Holidays, 8 a.m.-8 p.m.
DSN 485-7418
Civ. 06783-6-7418

Value Added Tax (VAT) Office
Smith Barracks, Bldg. 8661
The Tax Relief Office has Value Added Tax (VAT) forms that can be used by ID cardholders to save money on purchases made on the economy.
Hours of Operation
Mon-Fri, 10 a.m.-2 p.m. & 2-5 p.m.
Closed Sat-Sun & Federal Holidays
DSN 531-2896
Civ. 0611-143-531-2896

Warrior Zone
Smith Barracks, Bldg. 8106
The new and improved Warrior Zone provides Service members and their guests (ages 18 and older) a place to relax, play video games, watch TV, hang out with battle buddies and more. Features free WiFi, daily movies and gaming consoles such as Wii, X-box and PS3.
Hours of Operation
Tue-Thu, 11:30 a.m.-9 p.m.
Fri, 5-11 p.m.
Sun, 2:30-8 p.m.
Closed Mon, Sat & Federal/Training Holidays
DSN 531-2913
Civ. 0611-143-531-2913

Family and Morale, Welfare and Recreation (MWR)
Family and MWR Director
Gary Burton
541-9051 | 0611-143-541-9051
gary.w.burton4.naf@mail.mil

Baumholder
Army Community Service (ACS)
Clinic Kaserne, Bldg. 8746/8747
Serves as the Commander’s primary resource for developing, coordinating and delivering Soldier and Family social support services that contribute to the overall morale and welfare of our community. Many classes are available, including guidance on Army life, settling into a new community, finding a job, finding volunteer opportunities, caring for an Exceptional Family Member and more.

Hours of Operation
Mon-Wed & Fri, 8 a.m.-5 p.m.
Th-Sat 8 a.m.-1 p.m.
Closed Sat-Sun & Federal Holidays
DSN 531-2850
Civ. 0611-143-531-2850

Army Lodging
Smith Barracks, Bldg. 8076
Please enjoy your stay at our Army Lodging facility. Check-in is after 2 p.m. Check-out is prior to 11 a.m.

Hours of Operation
Front desk open 24 hours
Closed for:
Thanksgiving, Christmas & New Year’s

All About You Spa
Smith Barracks, Bldg. 8076 (inside Army Lodging)
Massage therapy and esthetician services.

Hours of Operation
Tue-Sat, 10 a.m.-6 p.m.
Closed Sun-Mon & Federal Holidays
DSN 531-2980
Civ. 0611-143-531-2980

Arts & Crafts Center
Smith Barracks, Bldg. 8104
Take a craft class and learn a new skill or hobby! Visit our custom matting & framing studio for all of your framing needs. Supplies and equipment are available for purchase, along with balloon bouquets. Offers studio space for ceramics, scrapbooking and more.

Hours of Operation
Tue-Fri, 10 a.m.-6 p.m.
Sat, 10 a.m.-6 p.m.
Closed Sun-Mon & Federal Holidays
DSN 531-2895
Civ. 0611-143-531-2895

Automotive Skills Center
Smith Barracks, Bldg. 8438
This is your resource for maintaining your vehicle, making minor and major repairs, or restoring that classic in the garage. Pay nominal fees to rent work bays, tools, machinery and diagnostic equipment. There are also classes available to learn how to perform basic maintenance on your vehicle.

Hours of Operation
Tue-Fri, 11:30 a.m.-7:30 p.m.
Sat, 9 a.m.-4 p.m.
Training Holidays, 11:30 a.m.-7:30 p.m.
Closed Sun-Mon, Sat & Federal Holidays

Auto Parts Yard
Used parts on sale to include winter tires, snow chains, first aid kits, windshield cleaners, radios and more. Get a great deal on a used car!

BOSS (Better Opportunities for Single Soldiers)
Smith Barracks, Bldg. 8106, Rm. 2A
The BOSS program represents the voice of the single Soldier. BOSS coordinates and participates in community service projects, organizes recreational and leisure activities and actively supports the quality of life needs of single Soldiers. BOSS membership offers the opportunity for leadership and project management roles, which will enhance your promotion packet.

Hours of Operation
Mon-Fri, 9 a.m.-6 p.m.
Closed Sat-Sun & Federal/Training Holidays
DSN 531-2912
Civ. 0611-143-531-2912

Child, Youth and School Services
Parent Central Services
Wetzlar Kaserne, Bldg. 8876
Mon-Fri, 8 a.m.-5 p.m.
Thu, 8 a.m.-2 p.m. & 2:30-5 p.m. (by appt.)
Closed Sat-Sun & Federal Holidays
DSN 485-7003
Civ. 06783-6-7003

Child Development Centers
Wetzlar Kaserne, Bldg. 8862
Mon-Fri, 6 a.m.-6 p.m.
Closed Sat-Sun & Federal Holidays
DSN 485-7133
Civ. 06783-6-7133

Smith Barracks, Bldg. 8099
Mon-Fri, 8 a.m.-4 p.m.
Closed Sat-Sun & Federal Holidays
DSN 531-2935/2936
Civ. 0611-143-531-2935/2936

Family Child Care (FCC)
Wetzlar Kaserne, Bldg. 8876
Mon-Fri, 8 a.m.-4 p.m.
Closed Sat-Sun & Federal Holidays
DSN 485-6588
Civ. 06783-6-6588

School Age Center
Wetzlar Kaserne, Bldg. 8879
Mon-Fri, 8 a.m.-6 p.m.
Closed Sat-Sun & Federal Holidays
DSN 485-7475
Civ. 06783-6-7475

Teen Center
Wetzlar Kaserne, Bldg. 8875
School Days:
Mon-Thur, 7-3 p.m.
Fri, 3-8 p.m.
School Half Day/No School
Mon-Thur, 12:30 p.m.
Fri, 12-6 p.m.
Closed Sat-Sun & Federal Holidays
Free protected WiFi (class required)
DSN 485-6810
Civ. 06783-6-6810

Java Cafe
Smith Barracks, Bldg. 8661
We proudly serve Starbucks Coffee products and offer delicious monthly and holiday specials. Come treat yourself to a hot or cold beverage along with a pastry or sandwich.

Hours of Operation
Mon-Fri, 7 a.m.-4 p.m.
Sat, 9 a.m.-3 p.m.
Training Holidays, 8 a.m.-4 p.m.
Closed Sat & Federal Holidays
DSN 531-2898
Civ. 0611-143-531-2898

Library
Smith Barracks, Bldg. 8332
This facility offers wireless internet, areas for working or lounging, reference help, web catalog, computers, internet computers, inter-library loan system, a self-checkout station, a photocopier and a scanner, and a wide variety of books, games, DVDs, graphic novels and more.

Hours of Operation
Mon-Wed & Fri, 10 a.m.-5 p.m.
Thu, 8 a.m.-2 p.m. & 2:30-5 p.m. (by appt.)
Closed Sun-Mon & Federal Holidays
DSN 531-2841
Civ. 0611-143-531-2841

Outdoor Recreation
Smith Barracks, Bldg. 8167
Outdoor Recreation is your one-stop shop for outdoor adventure and equipment rental. Meet new people, learn a new sport or arrange a personalized activity for a group. This facility also offers a paintball field and trap and skeet range.

Hours of Operation
Mon-Thur, 9 a.m.-6 p.m.
Fri, 3-8 p.m.
School Half Day/No School
Mon-Thur, 12:30 p.m.
Fri, 12-6 p.m.
Closed Sun-Sat & Federal Holidays
DSN 485-7182
Civ. 06783-6-7182

Rod & Gun Pro Shop
Smith Barracks, Bldg. 8167
The Pro Shop has a variety of hunting and sport shooting equipment and supplies. They also have a wide range of shotgun to rent for the Trap and Skeet Range. Hunting, fishing, range safety and other classes are offered year round.

Hours of Operation
Mon-Thur, 9 a.m.-6 p.m.
Fri, 3-8 p.m.
School Half Day/No School
Mon-Thur, 12:30 p.m.
Fri, 12-6 p.m.
Closed Sun-Sat & Federal Holidays
DSN 485-7182
Civ. 06783-6-7182

See Automotive Skills Center for assistance.
FAQs ON PHONE CONTRACTS

by Joerg C. Middelmoog

Recently an increasing number of my clients have sought legal advice on issues surrounding their cell phone contracts, because their expectations were not in line with the terms and conditions applicable to the cell phone contracts they had signed. To enable you to make a better-informed decision before entering into a cell phone contract, let's look at five of the most common areas of misunderstanding:

(1) How long does a 24-month contract run?
If you think it lasts two years, just covering your tour in Germany, you might have made an expensive mistake. The 24-month period does not refer to the length of the contract but to the period during which the contract cannot be terminated. The contract itself runs for an indefinite period of time, for all cell phone contracts contain an automatic renewal clause, extending the contract for one year and thereafter for another year and so on, once the first 24 months have passed.

(2) What do I need to do to stop an automatic renewal of the contract?
If your guess is that you just need to tell them so, you are gambling. Your desire to prevent an automatic renewal needs to be expressed in writing to the cell carrier no later than three months BEFORE the contract is up for renewal. You could ask for the automatic renewal to be blocked right after you signed the contract. If you wait until the day on which the contract is up for renewal, you are too late and on the hook for another 12-month period.

(3) What happens if I lose or break my phone?
The cruel truth: too bad for you, as you have a 24-month contract (with an automatic renewal clause). The company will issue a replacement SIM card for a fee. However, the SIM card and the phone are two separate items. The latter is often merely subsidized, depending on the contract, but losing or breaking the phone does not entitle you to a new one and provides no ground for an early termination or discontinuance of your 24-month contract (with automatic renewal clause).

(4) Is an online bill a good idea?
The answer depends on your personal situation. How good is your German? Chances are that the carrier’s website is all in German. Set-up, registration, and/or modifications via the website will be impossible unless you have a basic idea of what you need to do. Often the companies charge an additional fee for mailing a hard copy of the bill to you. If you wish to receive a bill in the regular mail, make sure your mailing address is correctly displayed on the contract, a letter addressed to SPC John Doe, Kleber Kaserne, Kaiserslautern, will not find its way to you.

(5) Do I have a right to terminate the contract with “military orders”?
The Servicemembers Civil Relief Act (SCRA) is a US law that does not apply to German contracts. Absent such a statutory right to terminate cell phone contracts upon a PCS move, the issue is left to the individual phone service carriers and the contracts concluded with them. The shop representatives never put their eloquent verbal sales statements into writing, making it next to impossible to prove them. They often simply claim to have used a lot of vague language like “may,” “might,” and could,” because contrary to any allegations, the general terms and conditions of the cell phone contract do NOT provide for an extraordinary termination right in case of presentation of military orders. Consequently, cell phone companies generally offer to dissolve the contract in consideration for a lump sum payment, based on the remaining monthly basic fees still owed under the contract up to the next ordinary termination period.

Advice and assistance on any of the matters discussed above is available by making an appointment to speak with a German Attorney-Advisor. Call DSN 483-8848 or civilian 0631-411-8848 for an appointment.
Just PCS'ed? No household goods? Tired of eating out? Come to the Lending Closet!

**Lending Closet**

- Kitchen Essentials
- To-Go-Kits
- Pack-N-Plays
- Booster Seats
- Highchairs
- Strollers
- GPS Units (Limit 30 day checkout)

Kaiserslautern, Kleber Kaserne
Bldg. 3213, Room 107
DSN: 541-9007
CIV: 0611-143-541-9007

Baumholder, Clinic Kaserne
Bldg. 8746, Room 114
DSN: 531-2850
CIV: 0611-143-531-2850

Relocation Readiness
Facebook.com/rehinlandpfalzacs

**Multicultural Spouses Club**

Learn about different places and different cultures while practicing English with fellow Spouses. It is an enjoyable get together with food and fun. Held every 2nd Thursday of the month at 11 a.m. Registration is required.

Kaiserslautern, Kleber Kaserne
Bldg. 3213, Room 107
Hours: M-W, F 8-5pm
Th 8-1pm
DSN: 541-9000
CIV: 0611-143-541-9000

Baumholder, Clinic Kaserne
Bldg. 8746, Room 114
Hours: M-W, F 8-5pm
Th 8-11am
DSN: 531-2850
CIV: 0611-143-531-2850

Ready, Set... Move!
English as a Second Language

Venez apprendre l’anglais avec nous
一緒に英語を勉強しよう！
Vieni a imparare l’inglese insieme a noi
Come learn English with us
Приходите изучать английский с нами
Komm und lerne Englisch mit uns
Ven a aprender inglés con nosotros
와서 우리랑 영어공부해요

German Language Classes

Free

Registration is required

For more information contact:
Relocation Readiness
Kaiserslautern: 0611-143-541-9000 / 541-9000
Baumholder: 0611-143-531-2850 / 531-2850
Facebook.com/RheinlandPfalzACS
www.Rheinland-Pfalz.armymwr.com

Guten Tag
Host Nation Tour
Gain a better understanding of the German culture while experiencing the city of Kaiserslautern. Registration required.

For more information contact:
Relocation Readiness,
Kleber Kaserne Bldg. 3210,
541-9000 | 0611-143-541-9000
facebook.com/rheinlandpfalzacs

Military & Family Life Counselor
MFLC
Sembach/Pulaski
Landstuhl
Panzer/Daenner
ROB
Kleber
0152-2366 2124
0152-2479 2650
0170-369 3292
0175-601 1985
0175-792 3332
Where Can I go to get Assistance?
- Your closest Army Installation AER Office
- If there is no AER Office near you, you can get assistance through your closest:
  - Air Force Base (Air Force Aid Society)
  - Navy/Marine Corps Base (Navy-Marine Corps Relief Society)
  - Coast Guard Base (Coast Guard Mutual Assistance)
- If you are not within a 50 mile radius of a Military Installation:
  - Call the American Red Cross 24 hour Military Assistance (877) 272-7337
  - You can begin your application online by going to our website at www.aerhq.org and following the prompts to “apply for assistance”.

What Should I Bring With Me to the AER Section?
- Valid Military ID Card
- Leave and Earnings Statement
- Leave/PCS Orders
- Substantiating documents such as car repair estimate, rental agreement, utility bills

Can My Spouse Get AER Help If I’m Away?
- Yes. Your spouse should bring:
  - Special Power of Attorney
  - Valid Military Dependent ID Card
  - Substantiating documents

How Do I Apply for a Scholarship?
- AER provides scholarships for dependent children and spouses of Active Duty, Retired, and deceased Army Soldiers. Applications and instructions are available on the AER website for the MG James L. Ensign and Spouse Education Assistance Scholarship Programs.

75 Years of Helping the Army Take Care of its Own Worldwide Assistance
AER Assistance is available to Soldiers and their Families around the world.
- Local AER Offices
  - American Red Cross 24hr
  - Air Force Aid Society
  - Navy-Marine Corps Relief Society
  - Coast Guard Mutual Assistance Office

The Army-wide annual AER fund campaign is conducted 1 March - 15 May.
Your tax deductible contribution can be sent to your local AER Office or to AER National Headquarters anytime by mail or online.

For more information contact your local AER officer or visit our website:

WWW.AERHQ.ORG

AER National Headquarters
2530 Crystal Drive
Suite 13161, 13th Floor
Arlington, VA 22202
866-878-6378

Army Emergency Relief
AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER’s mission is to provide emergency financial assistance to Soldiers and their Families.

What is AER’s Record of Assistance?
- Since it was established in 1942, AER has provided more than $1.7 billion to 3.7 million Soldiers and their Families.
- In 2016 AER assisted over 36,000 Soldiers and their Families with more than $5.4 million

What Portion of My Contribution Helps Soldiers?
- 87 cents of every dollar you contribute goes to help Soldiers; AER administrative and fundraising expenses account for the remaining 13 cents

Where Does AER Get Its Funds?
- Voluntary donations from Active and Retired Soldiers and Civilians
- Repayment of AER interest-free loans
- Investment income
- Unrestricted donations

Why Does AER Have an Annual Campaign?
- Provide an opportunity for Soldiers to help their fellow Soldiers
- Create greater awareness and understanding of AER programs and benefits
- Retain tax exempt status by raising at least 2/3 of funds through donations

Do I Have to Contribute to AER to Get Help?
- No. If you are eligible for AER assistance and have a valid emergency need, AER can help

How Can I Help AER?
- Remind fellow Soldiers about AER when they have financial emergencies
- Support AER with a donation and encourage others to donate

Who Is Eligible for Assistance?
- Active Duty Soldiers, single or married, and their eligible Dependents
- Army National Guard and Army Reserve Soldiers on continuous Active Duty (Title 10, USC) for more than 30 consecutive days and their eligible Dependents
- Soldiers Retired from Active Duty for longevity or physical disability, and their eligible Dependents
- Army National Guard and Army Reserve Soldiers who retired and are receiving OASAS Retired Pay, and their eligible Dependents
- Surviving spouses and orphans of Soldiers who died while on Active Duty or after they retired

What Can AER Do?
- Provide Assistance With:
  - Rent/Mortgage
  - Utilities/Deposits
  - Food
  - Dental/Medical
  - Emergency Travel
  - Travel fund for relocation (PCS)
  - Funeral Expenses
  - Non-receipt of Pay/Loss of Funds
  - Vehicle Repair
  - Replacement Vehicles
  - Rental Vehicles
  - Grainal Helmets
  - Essential Furniture
  - Car Seats
  - Repair/Replacement of major appliances
  - Minor Home Repairs

Is There a Limit On How Much Emergency Assistance I Can Request From AER?
- AER cannot limit your valid emergency needs

What Kind of Assistance Can I Expect?
- An interest free loan
- A grant if repayment of loan will cause undue hardship
- Part loan and part grant

How Can I Get Assistance?
1. Command Referal Program
   - Expedited Assistance Process
   - Company Commander or First Sergeant can approve AER loans up to $1,500
   - Provides Company/Battery Chain of Command ability to assist Soldiers who have a financial need
2. Direct Access to AER
   Effective 9 September 2015, all Soldiers regardless of grade/rank are allowed direct access to AER without the Unit Commander’s review and approval/concurrence. The policy change was implemented with the following safeguards:
   - Soldiers in the grades of E-1 through E-4 must have completed Initial Entry Training (IET).
   - All Soldiers must have a minimum of 12 months Time in Service (TIS) or have completed EET. (whichever is greater) regardless of rank. financial assistance will be limited to two requests for assistance (loan or grant) within a 12 month period without the Command Commander/First Sergeant review.
   - Soldiers who exhibit “High Risk” behaviors for financial problems IAW AR 600-85 still require the Unit Commander’s review and approval/concurrence.
Too much or not enough?

Are you new to the community and need 220V appliances or extra items to make your house a home? Are you leaving and need to reduce the size of your household goods? The local Thrift Shops are your solution. Shop, donate or volunteer and make new friends!!

**Landstuhl Thrift Shop**
Wednesday 1:00 – 6:00 pm
Thursday & Friday 9:30 am – 2:00 pm
3rd Saturdays 10:00 am – 3:00 pm
Building 3618 (Behind CDC #1)
Phone: 06371-86-7313

**Ramstein Thrift Shop**
Monday & Friday 9:00 am – 2:00 pm
Wednesday 2:00 – 7:00 pm
3rd Saturdays 9:00 am – 2:00 pm
Building 2494 (across from Gas Station/24-hour Shoppette) Closed U.S. Holidays
Phone: 06371-47-5492

**Baumholder Thrift Shop**
Tuesday 10:00 am – 4:00 pm
Wednesday & Thursday 12:00 – 6:00 pm
Building 8667 on Smith Barracks
Phone: 0678366653

**Airman’s Attic – Ramstein**
Tuesday 11:00 am – 1:00 pm
Wednesday 11:00 am – 1:00 pm & 2:00 – 6:00 pm
Friday 11:00 am – 1:00 pm
Building 2162 (adjacent to Southside Barbershop)
Phone: DSN: 480-5980 O/V: 06371-47-5980

*Note: Items donated to the Airman’s Attic are provided to authorize patrons free of charge. Authorized patrons are service member’s and spouses E-5 and below. **ALL RANKS DAY** is the last Wednesday of the month. Closed U.S. Holiday’s and Family Days.*

*Thrift stores are operated by private organizations. The information provided does not imply US Army endorsement.*
1. **PURPOSE**: To provide current information on the use of electrical appliances in Germany for soldiers being assigned to the Army in Europe, and their family members.

2. **ISSUE**:
   a. The electric current in Europe is 220 volts, 50 cycles compared to 110 volts, 60 cycles in the United States. You must use a transformer when using 110 volts, 60 cycle appliances here in Germany.
   
   b. Some appliances will not operate on European current. For example, clocks operate the 50th the normal speed. This means they lose ten minutes every hour.
   
   c. Other motor-driven appliances operate satisfactorily, although not at their best at the 50th the normal speed. These appliances include vacuum cleaners, electric razors, egg beaters and blenders.
   
   d. Most appliances with heating elements (toasters and irons) operate satisfactorily with a transformer. However, the transformers are inconvenient, particularly in larger sizes. They are heavy, consume a lot of electricity, and may trip circuit breakers. Therefore, you may find it easier not to use appliances, such as coffee-makers, toasters, hair dryers, or irons which usually require a large transformer. However, these appliances can be purchased in Europe at the military exchanges, thrift shops, German retailers, and yard sales.
   
   e. A very important rule of thumb is to ensure the polarity is correct before connecting your appliance to a transformer. A polarity tester can be purchased at your local AAFES for under $10.
   
   f. A few general guidelines for lamps and small appliances are listed below.

   1. Lamps: Floor, deck and table lamps that use incandescent bulbs can be used by changing the 110 volt to 230 volt bulb and adding an inexpensive adapter plug to match the German outlet. (230 volt bulbs and adapters are available at military exchanges.)
   
   2. Televisions: American model TVs (NTSC) can only pick up Armed Forces Network (AFN) television broadcasts and cannot receive European (PAL) stations. Most government housing areas receive AFN broadcasts. You should ask your sponsor or housing office representative about AFN reception. Dual voltage, multi-system television sets can receive broadcasts from both German and American stations. These can be purchased at military exchanges.
   
   3. Video Recorders: Videos can record AFN broadcasts, but the clock timer does not operate properly. American movies can be rented through AAFES stores. Only special video VHS recorders (multi-system) are equipped to receive German TV signals. Multi-system video recorders can be purchased at AAFES stores.
   
   4. Home Computers: These operate properly with a transformer. Ensure the polarity is correct or you will burn up your computer. Best advice is to consult your AAFES computer representative for specifics prior to setting up your computer.
   
   5. Radios, Stereos, Turntables, and Tape Decks: Radios and stereo equipment work satisfactorily with transformers and receive both AFN broadcasts and European stations. Turntables and tape decks can also be modified to run at proper speed.
   
   6. Microwave Ovens: As a general rule, microwave ovens for use with 60 cycle power cannot be used at 50 cycles and will not operate properly with a transformer. 50 cycle microwave ovens (110 volt 50/60 cycle) may be damaged by operation on 60 cycle power. Special microwave ovens which can be used in Europe and converted for use in the US are available at military exchange.

   g. The size transformer you need: Before plugging an appliance into a transformer, make sure you know its power rating. The power rating of electrical appliances is indicated in watts or in the case of large power-consuming units, "kilowatt" (1 kilowatt equal to 1000 watts). On some appliances "amperes" are used instead of watts. To determine the power rating in "watts", multiply the number of amperes by the voltage of the appliance. For example, if you have an appliance marked 3 amperes, 110 volts, it has a power rating of 300 watts (3 x 110 = 330).

   h. Each type of transformer is designed to carry a specific load or number of watts. Its load or wattage rating must never be exceeded.

   1. Don't ever attach an appliance which requires more wattage than the rating of your transformers. When attaching a combination of appliances, the total wattage rating must not exceed the rating of the transformer. For example, a toaster drawing 1100 watts should not be used at the same time as a waffle iron drawing 1100 watts. The total of such a combination would exceed the rating of the 1600 watt transformer by 100 watts. Your transformer would burn out.
   
   2. Don't purchase a transformer with exposed winding or wiring. Transformers are available at AAFES and the thrift shop.
   
   3. Don't use a transformer in a damp or wet place. Transformer should always be kept dry and well ventilated.
   
   4. Don't handle or move a transformer when it is plugged into a socket. Be sure you first disconnect the transformer. A 1600 watt transformer should never be used in an ungrounded socket or with an ungrounded plug. The 1600 watt transformers in military exchanges are equipped with grounded plugs (called SCHUKO plug).
   
   5. Transformers should never be handled when your hands or feet are wet.
   
   6. Transformers will generate a certain amount of heat when in use. This is not detrimental unless the transformer feels hot to the touch.
   
   7. Overheating may be caused by a defective electrical appliance which can burn out a transformer completely. Inspection will reveal whether the fault lies in the appliance or the transformer. Both should be inspected by a competent electrician.

   8. Most military exchanges stock transformers with the following rating:

   a. 75 watts – For use with small radios, phonographs, tape recorder, heating pads, sewing machines.
   
   b. 300 watts – For use with large radios, phonographs, tape recorder, heating pads, sewing machines, projectors, electric blankets, small and medium fans, warming plates, and television sets.
   
   c. 500 watts – For use with floor polishers, small refrigerators, hair dryers, and blenders.
   
   d. 750 watts – For use with large projectors, small irons, burners, coffee makers, and vacuum cleaners.
   
   e. 1000 watts – For use with small heaters, large refrigerators, coffee makers.
   
   f. 1600 & 2000 watts – For use with toasters, roasters, broilers, cookers, fryers, frying pans, grills, hot plates, medium heaters, irons, and motor-driven appliances.
### Table 1
Army in Europe Child and Youth Supervision Guidelines

<table>
<thead>
<tr>
<th>Grade of child</th>
<th>May be left alone at home</th>
<th>May be left alone overnight</th>
<th>May walk alone to and from home to and from school or other activities</th>
<th>May be left outside unattended (to include playing)</th>
<th>May be left in a vehicle unattended</th>
<th>May babysit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn until Kindergarten</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Kindergarten</td>
<td>No</td>
<td>No</td>
<td>Yes (This includes school and bus stops.)</td>
<td>Yes, in playgrounds or yards with immediate access (within or hearing distance) to an adult</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Grades 1 to 5</td>
<td>No</td>
<td>No</td>
<td>Yes, may walk to and from school and bus stops. (In some locations, the school may have more restrictions.)</td>
<td>Yes, in playgrounds or yards with immediate access (within or hearing distance) to an adult.</td>
<td>Yes, except in hot weather, for no longer than 10 minutes, provided the child has immediate access to an adult. The keys must be removed and the windows opened.</td>
<td>No</td>
</tr>
<tr>
<td>Grades 6 to 8</td>
<td>Yes, with ready access (phone number) to an adult, but not longer than 6 hours.</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Up to 3 hours</td>
</tr>
<tr>
<td>Grades 9 to 12</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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### Table 2
Conversion from Age to Grade (for Homeschooled Children)

<table>
<thead>
<tr>
<th>Age</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>4½ to 5</td>
<td>Kindergarten</td>
</tr>
<tr>
<td>6</td>
<td>1st</td>
</tr>
<tr>
<td>7</td>
<td>2d</td>
</tr>
<tr>
<td>8</td>
<td>3d</td>
</tr>
<tr>
<td>9</td>
<td>4th</td>
</tr>
<tr>
<td>10</td>
<td>5th</td>
</tr>
<tr>
<td>11</td>
<td>6th</td>
</tr>
<tr>
<td>12</td>
<td>7th</td>
</tr>
<tr>
<td>13</td>
<td>8th</td>
</tr>
<tr>
<td>14</td>
<td>9th</td>
</tr>
<tr>
<td>15</td>
<td>10th</td>
</tr>
<tr>
<td>16</td>
<td>11th</td>
</tr>
<tr>
<td>17</td>
<td>12th</td>
</tr>
</tbody>
</table>

**NOTES:**

1. The U.S. Department of Defense Education Activity may adjust its child-supervision requirements for off-post bus stops if deemed necessary according to local security and safety indicators. School administrators and CYS personnel will inform parents of any local variations from the requirements in this table.

2. City-specific or local community guidance applies and is available through the Army Community Service FAP. Youths who wish to babysit (siblings or others) are encouraged to complete the Red Cross Babysitters Course. The number and ages of other children present need to be considered.

3. During the summer, children are considered to be in the grade they just completed up until the first day of their next school year.

4. These guidelines do not apply to high-school students who are age 18 or older, nor to they apply to married dependents under the age of 18.

5. Homeschooled children will be considered to be in the grade that is consistent with their age (table 2).
**Sembach School Zone**

<table>
<thead>
<tr>
<th>Village</th>
<th>Village</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alsenborn</td>
<td>Lohnsfeld</td>
</tr>
<tr>
<td>Baalborn</td>
<td>Mehlbach</td>
</tr>
<tr>
<td>Boerrstadt</td>
<td>Mehligen</td>
</tr>
<tr>
<td>Breunigweiler</td>
<td>Muenchweiler An Der Alsenz</td>
</tr>
<tr>
<td>Enkenbach</td>
<td>Neuemsbach</td>
</tr>
<tr>
<td>Enkenbach-Alsenborn</td>
<td>Neukirchen</td>
</tr>
<tr>
<td>Effelbach</td>
<td>Otterbach</td>
</tr>
<tr>
<td>Enkenbach</td>
<td>Otterbach</td>
</tr>
<tr>
<td>Fischbach</td>
<td>Sambach</td>
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<tr>
<td>Gersweilerhof</td>
<td>Schallodenchach</td>
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<td>Gonbach</td>
<td>Schneckenhausen</td>
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<tr>
<td>Helligensmochel</td>
<td>Schweissweiler</td>
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<tr>
<td>Hirschhorn</td>
<td>Sembach-Base</td>
</tr>
<tr>
<td>Hochspeyer</td>
<td>Sembach-Town</td>
</tr>
<tr>
<td>Hoeringen</td>
<td>Sippersfeld</td>
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<td>Imlsbach</td>
<td>Wartenberg</td>
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<tr>
<td>Katzeueller</td>
<td>Winnweiler</td>
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<td>Langmeil</td>
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**Ramstein School Zone**

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<tbody>
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<td>Altenhagen</td>
<td>Kirchmohr</td>
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<tr>
<td>Altenkirchen</td>
<td>Kolmweiler</td>
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<tr>
<td>Bettenhausen</td>
<td>Kottweiler</td>
</tr>
<tr>
<td>Börsborn</td>
<td>Kottweiler-Schwanen</td>
</tr>
<tr>
<td>Bosenbach</td>
<td>Reichenbach</td>
</tr>
<tr>
<td>Brücken</td>
<td>Krottelbach</td>
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<tr>
<td>Dietschweiler</td>
<td>Kubelberg</td>
</tr>
<tr>
<td>Dittweiler</td>
<td>Landstuhl-Langwiesen</td>
</tr>
<tr>
<td>Elscher</td>
<td>Liebeshals</td>
</tr>
<tr>
<td>Elscherhof</td>
<td>Mackenbach</td>
</tr>
<tr>
<td>Elscherhof Am Bahnhof</td>
<td>Schellweiler</td>
</tr>
<tr>
<td>Etschberg</td>
<td>Matzenbach</td>
</tr>
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<td>Fockenberg-Limbach</td>
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<td>Hufner</td>
<td>Neunkirchen a. Potzberg</td>
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<tr>
<td>Hetzinghausen</td>
<td>Obermohr</td>
</tr>
<tr>
<td>Jagersburg</td>
<td>Oberstaufenbach</td>
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<tr>
<td>Jettenbach</td>
<td>Oberstaufenbach</td>
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**Landstuhl Elementary/Middle School**

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<tbody>
<tr>
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<tr>
<td>Bechhofen</td>
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<tr>
<td>Bruchmuhlbach</td>
<td>Mittelbrunn</td>
</tr>
<tr>
<td>Gerhardsbrunn</td>
<td>Morsbach</td>
</tr>
<tr>
<td>Gross/Klein Bundenbach</td>
<td>Neumuhle</td>
</tr>
<tr>
<td>Harsberg</td>
<td>Niederhausen</td>
</tr>
<tr>
<td>Hauptsuhl</td>
<td>Obernarnbach</td>
</tr>
<tr>
<td>Herschberg</td>
<td>Oberhausen</td>
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<tr>
<td>Hettenhausen</td>
<td>Obernheim</td>
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<tr>
<td>Kasofen</td>
<td>Rosenkopf</td>
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<tr>
<td>Kirchenarnbach</td>
<td>Saalstade</td>
</tr>
<tr>
<td>Knopp</td>
<td>Schauerberg</td>
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<tr>
<td>Krahnenberg</td>
<td>Schmitthausen</td>
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<tr>
<td>Labach</td>
<td>Vogelbach</td>
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<tr>
<td>Lamborn</td>
<td>Wallhalben</td>
</tr>
<tr>
<td>Landstuhl-Atzel</td>
<td>Weselberg</td>
</tr>
<tr>
<td>Landstuhl-City</td>
<td>Wiesbach</td>
</tr>
<tr>
<td>Landstuhl-Melkerei</td>
<td>Winterbach</td>
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**Kaiserslautern School Zone**

<table>
<thead>
<tr>
<th>Village</th>
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</thead>
<tbody>
<tr>
<td>Dansenberg</td>
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<tr>
<td>Erzenhausen</td>
<td>Niederkirchen</td>
</tr>
<tr>
<td>Erzbruchten</td>
<td>Olsbrucken</td>
</tr>
<tr>
<td>Eschensteg</td>
<td>Pfeffermuhle</td>
</tr>
<tr>
<td>Eulenspitze</td>
<td>Steinenberg</td>
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<tr>
<td>Kaiserslautern City</td>
<td>Sulzbachtal</td>
</tr>
<tr>
<td>Kaiserslautern-Engelshof</td>
<td>Tripstadt</td>
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<tr>
<td>Kreilmarch</td>
<td>Wiesenthalerhof</td>
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<tr>
<td>Moelsbach</td>
<td>Woersbach</td>
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**Vogelweh School Zone**

<table>
<thead>
<tr>
<th>Village</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Einsiedlerhof</td>
<td>Krickenbach</td>
</tr>
<tr>
<td>Forsthaus-Einsiedlerhof</td>
<td>Linden</td>
</tr>
<tr>
<td>Geisberg</td>
<td>Queidersbach</td>
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<tr>
<td>Heltenberg</td>
<td>Rodenbach</td>
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<td>Schopp</td>
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<td>Siegelbach</td>
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<tr>
<td>Horbach</td>
<td>Steinabren</td>
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<td>Hoeheinoed6</td>
<td>Thaleischweiler</td>
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<td>Kaiserslautern-Vogelweh</td>
<td>Waldfischbach</td>
</tr>
<tr>
<td>Kindsbach</td>
<td>Weilerbach</td>
</tr>
</tbody>
</table>

**Students in Grades 9-12 who reside in the Sembach Zone will attend the Kaiserslautern High School**

**HIGH SCHOOL STUDENTS LIVING IN THE LANDSTUHL SCHOOL ZONE WILL ATTEND KAISERLAUTERN HIGH SCHOOL**

**Students living in the Vogelweh Zone who are in Grades 6-8 will attend the Kaiserslautern Middle School and students in Grades 9-12 will attend the Kaiserslautern High School**